

# fit & well

healthy starts here...

## Eat fat lose 6lb

The new way to diet!

## Lorraine's BEST BODY EVER!

How she did it

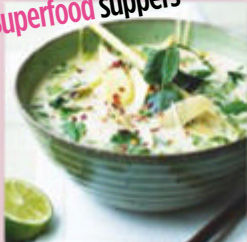
Strip away  
**STRESS**  
in one easy step

Plus  
**Eat  
Well**  
mini mag!

Low cal breakfasts



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waist for the  
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# Welcome to fit & well



Meet our cover star



Well, the New Year's health kick is well and truly over, but hopefully, like us, you're keeping up

the good work! If you need an extra kick up the butt to get motivated - literally! - then join me in this month's 30 day Squat Challenge. It only takes a few minutes a day, but our trainer tells me you'll really notice the difference. Let me know how you're getting on, on Facebook.

And if you love trying out our healthy recipes, please keep sharing your pics with us. It's great to know we're making your lives a little easier and healthier.

See you next month.

Charlotte

## We've been...



### Lunging

» **Marketing Exec Becky**  
'I took time out from the office to attend a bootcamp with Thom Evans, courtesy of PG tips.' Nice work if you can get it!



### Marvelling

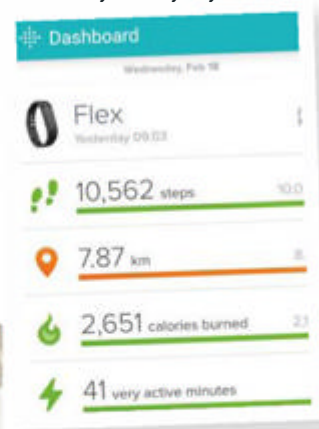
» **Art Director Debs**  
Lorraine looks amazing! I couldn't resist grabbing a pic of us together. She was so energetic and bubbly.'

### Tracking

» **Editor Charlotte**  
I've been following last month's Steps Challenge, adding extra bits of activity into my day.'

### Munching

» **Dairy-free treats!** With Easter on the way, we were very happy to sample the Hotel Chocolat milk-free eggs. They're delish! For more milk replacements, go to p53.



Get in touch!

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## You've been...



### Inspiring

Marguerite Hogg shared her super-healthy salad. Coming in at 400 calories, it's a great lunch option.

Emma Kershaw @BeautyByEmma · Feb 23  
Putting my feet up with a copy of [fit&well](#) and a yummy hot chocolate :3 [dietexpert](#)

## Walking

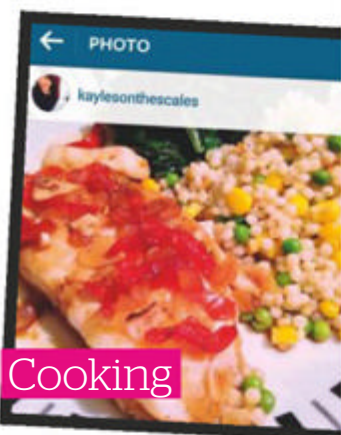
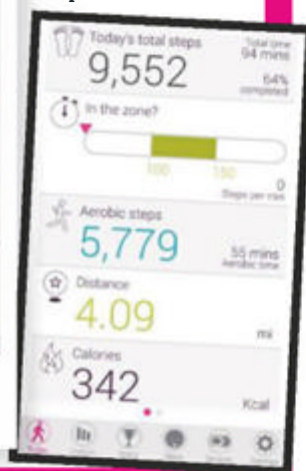
Lynn Virgo's been using the Steps Challenge as an excuse to explore her local area - keep it up, Lynn!



Well after getting a local map out I did a bit of exploring today. This beautiful little church was only a mile away and I hadn't visited. The churchyard had a public footpath leading to a pretty little wood next to a river. Where do I live? right in the middle of Milton Keynes!, this step challenge is opening up more benefits than I imagined 😊

## Sharing

Vicky Harvey Bevan signed up to our 30 Day Steps Challenge and kept us updated on Facebook.



### Cooking

Kayleigh shared her scrummy version of our Fish Dinner In A Dash on Instagram. Doesn't it look good?



### Chilling

Emma Kershaw teams a healthy hot chocolate with her fave mag.

## What's next?

### Shout about your workout!

Whether you're trying our Cycling Fit In 30 Plan, training for a marathon or just going for a bracing walk, share your selfies on Twitter, Facebook or Instagram, using the hashtag #fitandwellworkouts



### A smoothie a day...

Will make a major difference to your health and wellbeing. Don't believe us? Give our 10-minute Challenge on p31 a try. And share your smoothie pics with us on Instagram and Twitter, using #fitandwellfood

### Want a better bum?

Of course you do! Turn to p50 for our 30 Day Squat Challenge. It's gonna hurt, but it definitely works! Share the pain with other challengers by joining our Facebook event.

Get your next issue for 99p!

Turn to p76 for a voucher to get the May issue for less than half price!

**fit&well**

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**Time Inc.**



Lorraine has Maxine to thank for her enviably slim figure

# 'The woman who changed my life... AND MY BODY!'

Lorraine Kelly tells Chloe Thomas how a fitness class led to a fantastic friendship - and why she's in the best shape of her life!

**T**here's no doubt Lorraine Kelly is in great shape. The 55-year-old presenter looks even tinier in real life than she does on the telly. And it seems it's all down to her Zumba instructor, Maxine Jones.

After discovering the dance-based workout on holiday in Spain a few years back, Lorraine started attending Maxine's classes near her London home.

Now, not only has she dropped two dress sizes, but Lorraine confesses to feeling more confident, too. And she's certainly not shy about showing off her moves - Maxine has brought along her music to our shoot and, whenever a favourite track starts, Lorraine can't help but dance. And of course, Maxine joins her!

The pair have forged a strong friendship and Lorraine giggles hysterically at Maxine's jokes. But the benefits of Zumba are a serious matter...

## 'I've finally got a waist!'

'I never had a waist - I didn't have that curviness, but I have now and I look better,' Lorraine says proudly.

'Exercise to me was like running - do you ever see a happy runner? Or you've got the gym with all these instruments of torture, like a penance.' But realising she could dance herself fit changed Lorraine's attitude to exercise. 'Zumba feels like being 18 again at a disco. After each class, I feel physically and mentally better, and it's a real stress-buster because, for that hour, you're concentrating on the routine, so everything else falls away.'

## 'In it together'

She may be a high-profile TV star, but Lorraine chose Maxine's classes in a local church hall over an upmarket

gym. 'I love the normality - there are office workers, students, women in their seventies of all shapes and sizes. I love the social bonding side of it because we're all in it together, you get all hot and sweaty and it's fun.'

'I don't know how much weight I've lost because I don't believe in scales, but I've gone down from a size 14 to a 10 and I've managed to keep it off.'

## 'I've found the right balance'

But far from fad diets, Lorraine's proud of her healthy appetite. 'I don't glower at a lettuce leaf. At weekends I go spectacularly off the rails, but it doesn't matter. I'll have a few drinks with my husband, he'll make a fantastic homemade curry - my life is balanced.'

And that balance includes Zumba classes two to three times a week. That,



A Zumba class can burn up to 700 calories



coupled with regular Pilates, has helped her really firm up. 'My arms used to be the bane of my life. I never used to show them, but now they're toned. You wouldn't believe that it's taken me until I'm 55 to feel more confident about myself because, like most women, I used to go on these stupid diets and they don't work.'

## 'Dancing makes you feel young'

'When you get to my age, you don't go to the disco anymore. I miss it

- that's why I love Zumba... you dance your way to feeling great!' Even Hollywood stars won't get in the way of Lorraine's sessions.

'Once, I had to interview Hugh Jackman and they said it was going to be late and I was like, 'How late?' I've got my Zumba class!'

## 'It's all down to Maxine'

Now that her daughter, Rosie, 20, is at university, Lorraine says she has more time to juggle fitness with her career, and it has given her a new lease of life. 'I feel in my prime and that's all down to Maxine. Lots of women in their forties and fifties are living proof that getting older isn't what it used to be. But you also get the face you deserve,' she laughs before joining Maxine to run through her favourite moves.

» **Catch Lorraine weekdays, 8.30am, ITV1**

» **Turn over to find out Maxine's secret**



## Maxine says 'Lorraine's just one of the girls'

Her pupil may be a TV star, but Maxine says there's no special treatment. 'I treat her just like the others and she loves it,' she smiles.

'I love that Lorraine is 55 and has embraced something new. When I was a kid, women in their fifties used to wear cardigans and corduroy skirts. Now there's a market for women who want to look and feel good, whatever their age,' she explains.

## 'Release your inner diva'

Petite, straight-talking, but always ready to laugh, you can see why Lorraine found Maxine such an inspiration.

'Zumba makes you lose weight because you release your inner diva. In my class, we burn up to 700 calories in an hour. I drive my girls hard, but not in a harsh way, so they don't plateau,' she tells us.

It's not just Lorraine's life that's been changed by Zumba. It gave Maxine, 46, a whole new career!

'I was in banking for 23 years, but I left four years ago. A friend took me to a Zumba class and I thought, 'Wow, I like this.' I bought a load of DVDs and decided I wanted to train to be an instructor. I've never looked back.'

## 'It doesn't have to be expensive'

So why is Zumba so popular? 'Dancing is something we can all do,' suggests Maxine. 'There's no competition and you can bring your own flavour to it.'

'I was always a gym bunny, but with Zumba my size 10 body shrunk to a size 6.'

'People say exercise is expensive, but my classes cost £7. If you're willing to spend hundreds on clothes, you want to look good in them. Get yourself to Zumba and everything will look fantastic!'

## 'It's never too late'

Since the two women met, Maxine's career has blossomed and she's even appeared on Lorraine's show.

'I love motivating people and going. Listen, I've been where you are. It's never too late to turn your life around,' she says.

So what's next? 'I'd love to do a fitness DVD from Lorraine's point of view. But a realistic one. I want it to show how the classes make you sweat.'



**'I treat Lorraine the same as the others,' says Maxine**



# Move in time with Maxine

Ready to Zumba? Just choose an upbeat tune and get going

## » The twist



Good  
for your  
**WAIST  
LINE**

This is a total body workout that exercises everything from your elbows down to your knees. Place your feet in a wide stance and lift your heels off the floor. Bend your

knees and twist your body from side to side, targeting your obliques. Simultaneously, bend your arms at shoulder height and get them moving, too.

## » The squat



Good  
for your  
**BUM  
AND  
THIGHS**

Stand with your feet shoulder-width apart. Stick your bottom out behind you and sit down in a squat as far as you can go, holding your arms out in front of

you to help balance. Then explode back up, thrusting your hips forwards and swinging your arms behind you to increase momentum.

## » The belly dance



Step your right leg forwards. Raise your left arm up and your right arm out in front of you, with a slight bend at the elbow. Keeping your fingers

of your right arm facing forward, bring your elbow in towards your body and out again, while flexing your hips up and down.

Good  
for all-over  
**FAT  
BURNING**

## NOW WATCH THE VIDEO



Watch Maxine take you through the moves on the Fit & Well Magazine YouTube channel.



You can also watch the video on Facebook, update us on your progress and chat with your training pals at [facebook.com/fitandwellmagazine](https://facebook.com/fitandwellmagazine)

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# feel**better**FAST



## 10-minute tone up

Exercises that use your own body weight to build strength - think lunges, squats and burpees - are the latest YouTube video trend. 'These moves use joints and muscles together, giving you a thorough workout,' says personal trainer Anna Reich. She recommends 10 lunges on the right leg, 10 squats, 10 lunges on the left leg - repeat the set three times.

## THAT'S CLEVER!

Love to unwind with a glass of red? Pick wine from a high altitude, such as Chilean Cabernet Sauvignon - you'll get the highest levels of antioxidants. But stick to no more than three units a day (two small glasses).



## MIND THE NUTRIENT GAP

### » Are you missing out?

If you're in your forties you may be, says new research\*.

» **The reason?** Women at this age tend to be under pressure, caring for family. 'We often eat high-fat comfort foods at times of stress,' says dietitian Dr Carrie Ruxton. Try Viridian High Five Multivitamin & Mineral Formula, £14.30 for 60, viridian-nutrition.com, or go for walks to blitz stress.



# 30 minutes

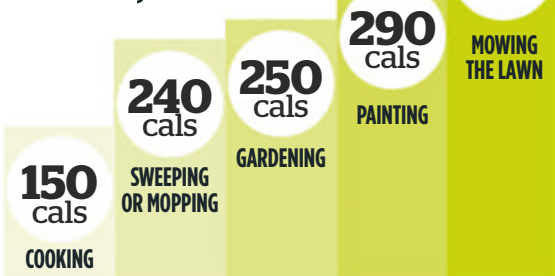
of power napping is good for us, as it can repair the damage caused by lack of sleep, says new research. Zzz...

## FEED YOUR HAIR

Baobab is an African fruit renowned for packing a powerful antioxidant punch. And now your skin and hair can reap the benefits, as baobab is being added to beauty products. Try Ogario London Revive and Shine Shampoo (£16.50), to boost shine and put the bounce back.



## BURN CALORIES & get your chores done, too!



**#FITANDWELLWISDOM** 'For me, exercise is more than just physical - it's therapeutic' Michelle Obama

**#fitandwellwisdom**

Follow us on Twitter at @fitandwellmag for more words of wisdom. Or use the hashtag above to tweet your inspirations



# EAT more FAT

## Lose 6lb!

Seriously! A ground-breaking new diet claims the best way to burn fat is to eat more of it. And it's having great results...

**F**orget what you thought you knew about slimming, because a new diet is rewriting the rules for weight loss. Simply put: you need to eat fat to burn fat.

But, it has to be the right kinds of fats mixed with the correct protein, so you zap fat in stubborn areas, such as the tummy, and keep it off.



Here, The High Fat Diet creators, health journalist Helen Foster and personal trainer and nutritionist Zana Morris, reveal how to stay slim for life...

## WHAT DO I DO?

- » **You'll need to stick to specific foods** (yummy, and filling!) for 14 days and no snacks.
- » **You can expect to lose weight.** On average, you'll lose 6lb in 10 days.
- » **You'll lose inches.** Typically one to three from the tummy, and you'll drop dress sizes.
- » **You'll be omitting sugar,** so after 14 days on the plan you may switch off sugar for life.
- » **Remember,** only eat when you're hungry - fat is filling and you may want to drop to two meals a day.





# YOUR FAT DIET SHOPPING LIST

Use the 'How to make your meals' guide, opposite, to make two to three meals a day from the foods below

## FATS

### ALLOWED

- » **Dairy foods** Butter, clotted cream, crème fraîche, double cream, full-fat cream cheese, such as Philadelphia or Boursin, mascarpone, single cream, soured cream, whipping cream (no added sugar), coconut-based yogurt (the natural, unsweetened version)
- » **Fruits, nuts and seeds** Avocado, pine nuts, macadamia nuts, walnuts, pumpkin seeds
- » **Oils and dressings** Coconut oil, homemade mayonnaise, ghee, nut oils, olive oil

### AVOID

- » **All nuts not mentioned above** Almonds, peanuts, Brazil nuts, cashews, pistachios etc
- » **Any seeds not mentioned above** Flax, sunflower, sesame etc
- » Fresh coconut, low-fat cream cheese, margarine and low-fat spreads, nut butters, vegetable oils



## VEGETABLES

### ALLOWED

- » Alfalfa sprouts, all green lettuce, artichokes, asparagus, aubergine, bamboo shoots, beansprouts, bok choy, broccoli, broccolini, Brussels sprouts, cauliflower, cavolo nero, celery, courgette, cucumber, edamame, fennel, green beans, green chilli peppers, jalapenos, kale, leeks, marrow, mushrooms, okra, Padron peppers, peas, rocket, runner beans, samphire, savoy cabbage, seaweed, spinach, spring greens, spring onions, Swiss chard, watercress, white cabbage

### AVOID

- » Anything not green or white ie tomatoes. Starchy white veg like potatoes. Onions and shallots.

## How to make your meals

Follow these guidelines when it comes to preparing your meals

**BREAKFAST** Maximum of 40g of any food from the protein list or 1 whole egg, plus an extra yolk, plus a minimum of 65-75g of any food from the fats list. Mix and match as many as you like to create the required 65-75g amount of fat OR have 1 small avocado.

**LUNCH** 80-100g of any food from the protein list plus a small green salad (two cupped hands max) or portion of veg (60-70g) with 70-80g of any food/mix of foods from the fats list OR 1 whole avocado.

**EVENING MEAL** 140-200g of any food from the protein list with 60-70g of any veg from the list. Add at least 70-80g of any food - or a mix of foods - from the fats list OR have 1 whole avocado.

**Your daily meal plan may look like this:**

**BREAKFAST** 40g smoked salmon (no added sugar). Spread with 45g full-fat cream cheese. Roll into cigar shapes and serve with 20-30g walnuts.

**LUNCH** 80-100g halloumi cheese, sliced and grilled. Two handfuls of mixed green salad topped with 70-80g mixed walnuts and pine nuts.

**EVENING MEAL** 140-200g roast lamb or a chop, fat left on, grilled. Sauté 60-70g spinach. Melt 60-70g cream cheese and pour over as a sauce. Sprinkle with 10g pine nuts.

## PROTEIN

### ALLOWED

- » **Beef mince** (10% fat or above), **ribs** (no sauce), **steak** particularly rib-eye or sirloin
- » **Cheese** Any full-fat cheese, such as Brie, Camembert, Gorgonzola, Emmentaler, Gruyère, halloumi, Roquefort, Stilton or blue cheese
- » **Eggs** Ideally organic. Hen, duck and quail
- » **Lamb** All cuts, including breast, chops, leg, mince, neck, rack, rump, shank, shoulder
- » **Oily fish** Anchovies, eel, fresh salmon, fresh tuna, herring, kippers, mackerel, pilchards, sardines, smoked salmon, trout, canned tuna in oil, whitebait (not breaded)
- » **Pork** Including bacon, particularly streaky bacon (ensure that there is no added sugar and ideally free from nitrates), chorizo (no added sugar

and ideally free from nitrates), gammon, pancetta, Parma ham, pork belly, pork chops, pork fillet, ribs (no sauce), tenderloin

» **Poultry** Chicken drumsticks (skin on), chicken thighs, chicken wings, duck. All chicken should be organic

### ALLOWED - WITH EXTRA FAT

Cook the following with butter or oil; eat poultry with skin on, add cream/cheese

- » **Meat** Beef, pork, poultry
- » **Offal** Liver, kidney, heart
- » **White fish**, such as haddock and sole
- » **Shellfish**

### AVOID

- » Beans and pulses
- » Beefburgers (unless 100% pure beef, no wheat)
- » Breaded fish products, canned fish products (except tuna in oil)
- » Milk/milk products, such as ice-cream
- » Processed fish, such as crab sticks
- » Processed sandwich-style meats, such as sausage and ham
- » Yogurt (except natural coconut)



» Extracted from *The High Fat Diet* (£7.99, Vermilion), out now

# We feel better *than ever*

Three inspiring ladies share their secrets  
on how to grow older glamorously...

## 'It's important to feel comfy in your clothes'



**Sarah Corp, 48, lives in London with her children, Joseph, 19, and Billy, 15. She is a personal stylist for [stylistsarahcorp.com](http://stylistsarahcorp.com)**

When I was in my 20s, I'd spend hours poring over fashion magazines, but after my sons were born, practicality was more important than style. But as the boys got older, I began to think about my own future. Maybe it was time to get back to my fashion roots.

That's how I found myself walking into Jigsaw, where I got a job as a sales assistant. I loved being around beautiful clothes and experimenting with new styles, but making

them my own - I'd mix boho-fringed tops with a flash of animal print.

This February, I launched my own personal styling business for women over 40. You don't have to dress like a teenager to look young - it's all about investing in statement pieces.

For me, that means a simple pair of jeans, good-quality T-shirt, blazer, kitten heels and a pashmina scarf. It doesn't need to be complicated. If I'm comfortable in what I'm wearing, I walk taller and look better. That - along with sleeping well and drinking plenty of water - is all you need!

**The one thing that works for me...**

Don't feel trapped by trends. Mix and match - fashion is meant to be fun!

## 'Yoga keeps me young'



**Claire Mullins, 51, lives with her husband John and their three children.**

After gaining weight during my pregnancies, I wanted to get my figure back. But never one for working up a sweat in a gym, I took up yoga.

From the first class, I was hooked. And as the years passed, that, combined with swimming, has kept me supple. I did my first handstand at 40, and I've lost count of how many times John has walked into the living room to find me doing the splits. At 51, I think that's pretty impressive!

As well as working on my body, I try to keep my mind young, too. I've never

taken myself too seriously. I think that life is all about living for the moment, and I'm a firm believer that looking good is about how you feel - a smile can knock more years off than any face cream. That's why my beauty regime is minimal, just tinted moisturiser and mascara, but every Friday night you can find me, John and four of our friends at a local bar, laughing raucously as we sip Prosecco. Looking at us together, you'd think we were teenagers - we can be a bit loud!

To me, ageing isn't a bad thing. After all, it happens to all of us, if we're lucky.

**The one thing that works for me...**

Don't worry about things that may not happen, think about all of life's good things.





## 'I learnt to look after my body'



**Franca Brown, 47, lives in Peterborough. She has two sons.**

Every morning once I'm dressed, I stand in front of my full-length mirror. It might not sound out of the ordinary - after all, it's probably something most of us do. But for years, thanks to gorging on crisps and fried food, I avoided my reflection at all costs.

At 14st 5lb and just 5ft 2in, I was constantly tired and, becoming more self-conscious of my size 18 body each day, I began to turn down invites to go out with my friends. I was only in my 40s, but I felt old before my time.

But as desperate as I was to be slim, I lacked the willpower to do anything about it. I couldn't stand the idea of living on salads for the rest of my life. It wasn't until a friend told me about Slimming World that it dawned on me I might not have to. She'd lost a lot of weight, but she never seemed to deprive herself.

So, in April 2012, I went to my first meeting. I started making small changes - cutting back on biscuits and eating lean meat instead of fried dinners.

By October 2013, I'd slimmed to 9st 11lb and a size 10. To celebrate, I bought my first full-length mirror. Finally, I liked the person I saw staring back at me.

I realise now how important it is to look after your body. I'll still have the odd treat, like fish and chips once a week, but I never go overboard.

I could regret how long it's taken me to get to this point, but that would be a waste of time. It's never too late to make a positive change.

» Visit [slimmingworld.com](http://slimmingworld.com) or call 0844 897 8000.

### The one thing that works for me...

Think about what you're putting into your body. I try to drink green tea every day.

### Join the debate



What's the one thing you swear by to hold back the years? Let us know on [facebook.com/fitandwellmagazine](https://www.facebook.com/fitandwellmagazine)

# IS GOING ORGANIC *really* worth it?

From meat to vegetables, there are more organic options than ever before. But are they better for you?

**E**very time we do our weekly food shop, we're faced with the chance to buy yet more organic versions - from fruit and vegetables to meat, milk and eggs. You want to do right by your body (and your family), but going the all-natural route can be prohibitively pricey. So we wondered, what's really essential for our health? This is the definitive list of what's worth your money - and what you don't have to worry about.

## WHAT DOES 'ORGANIC' EVEN MEAN?

For products to be labelled as organic, at least 95% of the ingredients must come from organically produced plants and animals. So, animals are not given any kind of antibiotics or growth hormones, are only fed with organic feed and are not administered any type of medication, aside from vaccinations or to treat an illness. They must also be given access to fields. Fruit and vegetables that are labelled and sold as organic are grown without using most pesticides or fertilizers with synthetic ingredients - the fertilizer is natural. Only products labelled 100% organic are guaranteed GM (genetically modified) free.

## FOR

**Lee Holdstock, trade relations manager of the Soil Association, a charity that campaigns for organic food and farming.**

'There's no question that if you can afford to buy organic, you should. A recent review in the *British Journal Of Nutrition* found that organic foods are more healthful than those conventionally grown. This is due to the substantially higher amounts of protective antioxidants (up to 69% more in some foods), and lower concentrations of toxic nitrates and pesticide residues. For those who care about animals, going organic optimises the natural ecological systems and protects their welfare.'

## AGAINST

**Lovisa Nilsson is a nutritionist for health app Lifesum**

'I don't believe there's enough compelling evidence to suggest that organic foods are healthier. And why put more roadblocks in the way of healthy eating in general? If you limit the amount of fruit and veg you eat because you're concerned about pesticides, you're doing yourself more harm than good. We know that a diet rich in earth-grown produce can reduce the risk of diseases like cancer. I'm not opposed to organic; it's great to have choices, but people shouldn't feel guilty if they choose conventionally produced foods that are still healthy.'

## THE FINAL WORD

The more produce you eat - organic or not - the healthier you'll be, so aim for two cups of fruit and two or three cups of veg daily. Buying organic may pay off in the long run, but there's no proof that you're harming your health if you can't afford it.

## DIY ORGANIC

» **To save money, try growing your own fruit and veg, without using chemicals**





## IS IT HEALTHY?

### HOW IT ALL ADDS UP

Is it worth the extra? You decide...

#### MEAT



Sainsbury's Organic  
Lamb Half Leg, £28.34

Asda Lamb  
Half Leg, £13.50

Price difference £14.84

#### FRUIT



Sainsbury's Organic  
Braeburn Apples (5),  
£2.50

Sainsbury's Apples (8),  
£1.50

Price difference £1

#### VEGETABLES



Tesco Organic Cherry  
Tomatoes On The Vine  
(200g), £1.75

Asda Cherry  
Tomatoes On The Vine  
(250g), £1.19

Price difference 56p

#### EGGS



Sainsbury's Organic  
Woodland Free Range  
Medium Eggs (6), £1.90

Tesco Free  
Range Medium  
Eggs (6), £1

Price difference 90p

#### MILK



Tesco Organic  
Semi-Skimmed  
Milk (2 pints), £1.14

Asda Semi-Skimmed  
Milk (2 pints),  
75p

Price difference 39p

All prices correct at time of going to press

## WHAT'S WORTH IT, WHAT'S NOT?

### MEAT

#### Poultry and pork (and most meats)

'Spend money on produce higher up the food chain, such as meat and their products,' says Henrietta Norton, nutritionist at Grace Belgravia Medical Clinic. 'Animals reared to produce meat and dairy are often exposed to significant amounts of antibiotics and growth hormones.'

### DAIRY

#### Milk, yogurt, cheese and cream

'Animals reared to produce organic milk have strict restrictions on the amount of medications and type of feed they ingest, reducing the amount of exposure we will get to these chemicals,' says Henrietta. In addition, organic versions of dairy products contain more omega 3 and 6.

### FRUIT AND VEGETABLES

'Some fruit and vegetables are grown with more pesticides than others,' says Henrietta. The Environmental Working Group has created a list of the foods with the highest pesticide and insecticide load. Some of the produce on the list (right), can be peeled to remove traces of pesticides, but remember that most of the nutritional content exists just below the surface of the peel.

### BUY ORGANIC

- » Apples
- » Strawberries
- » Grapes
- » Celery
- » Peaches
- » Spinach
- » Nectarines (imported)
- » Cucumber
- » Cherry tomatoes
- » Sugar snap peas (imported)
- » Potatoes
- » Bell peppers
- » Blueberries

### DON'T BOTHER

- » Avocados
- » Sweetcorn
- » Pineapple
- » Cabbage
- » Onions
- » Papayas
- » Kiwi fruit
- » Aubergines
- » Cauliflower







# POWER

# your pedals!

Got a bike, but not really using it? Want to cycle yourself fit, but don't have the time? Don't sweat - with straightforward 30-minute sessions we'll have you on your bike in no time

**T**he cycle revolution of 2012 - including Wiggo's Tour de France win and 12 Olympic medal haul - prompted many of us to start pedalling for fitness. The benefits of

cycling are endless, from increasing body strength to improving co-ordination, plus it has a low impact on your joints.

But if the last bike you rode had Barbie on it, the thought of getting back in the saddle may seem daunting. Or maybe you already cycle but want a new challenge.

That's why we've brought Ironman triathlete Claire Donald on board - she knows a thing or two having most recently cycled the length of New Zealand - to break down your bike training into 30-minute manageable workouts.

This eight-week plan will help set you on the road to training for your first ever Cyclosportive event, where you can complete up to a 100km course (sign up to one near you at [britishcycling.org.uk](http://britishcycling.org.uk)). So saddle up and let's get started...



UP

#FIT IN  
30  
minutes





# Your **30-minute** training plan



Your trainer,  
Claire Donald

## BEFORE YOU START

- » This plan includes a mixture of exercise bike sessions during the week and outdoor rides at the weekend. If you aren't a gym member, don't worry - you can try the same 30-minute training session on a cycle path or a safe and quiet stretch of road. If you have an exercise bike at home, but not an outdoor one, you can do the outdoor sessions indoors - just turn the resistance up to simulate hills!
- » If you're a beginner, repeat each week until you feel ready to move on to the next. If you have a higher fitness level, saddle up on Saturday and Sunday, too.
- » The plan is based around Rate of Perceived Endurance (RPE) to ensure you're working hard enough, but also at a pace that suits your fitness levels. RPE is simply how hard you are cycling - rated from one to 10, with 10 being maximum exertion. Or to put it more simply...

## WHAT IT ALL MEANS

### Speed Enduro

Maintain high intensity for one to five minutes so you can cycle faster for longer.

### Hiit

Be able to cycle for periods of 30 to 60 seconds at very high intensity to improve fitness levels fast.

### Enduro

Maintain lower intensity for five minutes and more so you can cycle for longer periods of time on steeper terrain.

### Stamina

Cycle for longer and take on new challenges outdoors.

» Easy = 3-4 » Steady = 5 » Brisk = 6 » Hard = 7 » Very hard = 8-9 » Max = 10



	WEEK 1 Goal = intro to bike, cadence (pedalling rate) and training sessions	WEEK 2 Goal = adjust to different intensities and smooth pedal stroke	WEEK 3 Goal = increase cadence and gear selection	WEEK 4 Goal = recovery and adaptation, bike handling skills
Mon (GYM BIKE) SPEED ENDURO	Cycle RPE 3 for 9 mins; take 1 min break; repeat x 3	Cycle RPE 3 for 10 mins Cycle RPE 5 for 4 mins and RPE 3 for 2 mins; repeat x 2 Cycle RPE 3 for 8 mins	Cycle RPE 3 for 10 mins Cycle RPE 5 for 4 mins and RPE 3 for 2 mins; repeat x 2 Cycle RPE 3 for 8 mins	Cycle RPE 3 for 10 mins Cycle RPE 5 for 3 mins and RPE 3 for 2 mins; repeat x 2 Cycle RPE 3 for 10 mins
Wed (GYM BIKE) HIIT	Cycle RPE 3 for 10 mins Cycle RPE 6 for 30 secs and RPE 3 for 1 min; repeat x 6 Cycle RPE 3 for 11 mins	Cycle RPE 3 for 10 mins Cycle RPE 6 for 30 secs and RPE 3 for 1 min; repeat x 7 Cycle RPE 3 for 9 mins 30 secs	Cycle RPE 3 for 9 mins Cycle RPE 6 for 30 secs and RPE 3 for 1 min; repeat x 8 Cycle RPE 3 for 9 mins	Cycle RPE 3 for 11 mins Cycle RPE 6 for 30 secs and RPE 3 for 1 min; repeat x 5 Cycle RPE 3 for 11 mins 30 secs
Fri (GYM BIKE) ENDURO	Cycle RPE 3 for 10 mins Cycle RPE 5 for 4 mins and RPE 3 for 3 mins; repeat x 2 Cycle RPE 3 for 6 mins	Cycle RPE 3 for 11 mins Cycle RPE 5 for 9 mins Cycle RPE 3 for 10 mins	Cycle RPE 3 for 10 mins Cycle RPE 5 for 11 mins Cycle RPE 3 for 9 mins	Cycle RPE 3 for 12 mins Cycle RPE 5 for 8 mins Cycle RPE 3 for 10 mins
Sat/Sun (OUTDOORS) STAMINA	Cycle RPE 3-4 for 30 mins Stick to quiet roads and practise signalling	Cycle RPE 4 for 30 mins Choose an undulating route to increase stamina and strength	Cycle RPE 3-6 for 30 mins Choose a hilly route! Work harder on the uphill and enjoy the recovery on the way down	Cycle RPE 3 for 30 mins Work on stopping and starting smoothly at lights and junctions



#FIT IN  
30  
minutes

## Cycle kit to help you saddle up

**Visijax Commuter Jacket, £99.99, halfords.com**

Motion sensor technology triggers an amber light on the sleeve when the wearer signals to turn. No more arm waving!



**Louis Garneau Women Specific Helmet, £69.99, evanscycles.com** Vents keep you cool in hot weather, while the extra coverage at the back provides enhanced protection.



**Lightrider Front LED AA Bike Light, £23.99, halfords.com** This clever device lights up the road, as well as you, making you more visible.

**Odlo Telegraphe Bike Jersey, £80, odlo.com** Inbuilt technology helps to keep you dry and your body temperature regulated.



### TIP

Always keep yourself hydrated and stay cool



**Osprey Raven 10 Hydration Pack, £85, osprey europe.com** An integrated water bladder and tube allow you to drink on the move.



**SealSkinz Ultra Grip Gloves, £35, wiggles.co.uk** Waterproof and windproof gloves with extra padding, plus grip pads for excellent control and dexterity.



**Altura Progel Tights, £59.99, evanscycles.com** The gel padding reduces saddle soreness and the Roubaix fabric reduces chilling and overheating.

### WEEK 5

**Goal = increase intensity and cadence**

Cycle RPE 3 for 10 mins  
Cycle RPE 5 for 3 mins and RPE 3 for 1 min; repeat x 3  
Cycle RPE 3 for 6 mins

Cycle RPE 3 for 11 mins  
Cycle RPE 7 for 30 secs and RPE 3 for 1 min; repeat x 6  
Cycle RPE 3 for 10 mins

Cycle RPE 3 for 8 mins  
Cycle RPE 5 for 14 mins  
Cycle RPE 3 for 8 mins

Cycle RPE 4-6 for 30 mins  
Find long stretches of quiet roads and take pace up to 'brisk' when you can

### WEEK 6

**Goal = build more strength and learn to 'feel' for gears**

Cycle RPE 3 for 8 mins  
Cycle RPE 5 for 3 mins and RPE 3 for 1 min; repeat x 4  
Cycle RPE 3 for 6 mins

Cycle RPE 4 for 10 mins  
Cycle RPE 7 for 30 secs and RPE 4 for 1 min; repeat x 7  
Cycle RPE 4 for 9 mins 30 secs

Cycle RPE 3 for 8 mins  
Cycle RPE 5 for 17 mins  
Cycle RPE 3 for 5 mins

Cycle RPE 5 for 30 mins  
Try to keep pace up on this ride

### WEEK 7

**Goal = increase intensity and hill-climbing technique**

Cycle RPE 3 for 5 mins  
Cycle RPE 5 for 3 mins and RPE 3 for 1 min; repeat x 5  
Cycle RPE 3 for 5 mins

Cycle RPE 3 for 10 mins  
Cycle RPE 7 for 30 secs and RPE 3 for 1 min; repeat x 8  
Cycle RPE 3 for 7 mins 30 secs

Cycle RPE 3 for 5 mins  
Cycle RPE 5 for 20 mins  
Cycle RPE 3 for 5 mins

Cycle RPE 5 for 30 mins  
Pick a hilly route and try to keep pace up on inclines

### WEEK 8

**Goal = Recovery**

Cycle RPE 3 for 9 mins  
Cycle RPE 5 for 3 mins and RPE 3 for 1 min; repeat x 3  
Cycle RPE 3 for 9 mins

Cycle RPE 3 for 11 mins  
Cycle RPE 7 for 30 secs and RPE 3 for 1 min; repeat x 5  
Cycle RPE 3 for 10 mins

Cycle RPE 3 for 10 mins  
Cycle RPE 3-4 for 10 mins  
Cycle RPE 3 for 10 mins

Cycle RPE 3-4 for 30 mins  
Find a picturesque route - and enjoy!

Mon  
(GYM BIKE)  
SPEED  
ENDURO

Wed  
(GYM BIKE)  
HIIT

Fri  
(GYM BIKE)  
ENDURO

Sat/Sun  
(OUTDOORS)  
STAMINA

Words Natalia Lubomirski Photos Getty Images Claire Donald is director and coach at Purple Patch (purplepatchrunning.com)

# 5:2 COMPLETE MEAL PLANNER

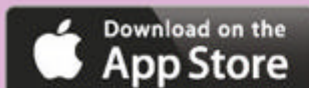
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# Build the perfect STIR-FRY

A nutrient-packed powerhouse in a pan, as devised by dietitian Sarah Schenker

## IMMUNE-BOOSTING VEG

**PHYTONUTRIENTS** in veg bolster the immune system. Colourful veg is best - think aubergine, red pepper, carrots and squash. Onion is also a good source. Pick and mix about 80g of what you fancy.

## SKIN-FRIENDLY SEEDS

**A SCATTERING OF VITAMIN E-RICH** seeds will boost your skin's moisture levels and help protect against UV rays. Try a teaspoon of sesame or pumpkin seeds.

## BODY-BEAUTIFUL PROTEIN

**PROTEIN'S AMINO ACIDS** are vital for healthy skin, hair and nails. Meat and fish, such as chicken, beef and prawns, contain all the essential amino acids, while tofu is a great vegetarian alternative. Use about 100-150g.

## DETOXING GREENS

**RICH IN ANTIOXIDANTS**, brassicas, such as broccoli, kale, cabbage and bok choy, are also a source of potassium, which can help reduce skin puffiness, and sulphur, which increases enzyme activity that boosts liver function. Use a mix of about 80g.

## SUPER SPICES

**WHILE SALT** can cause inflammation in the body (thought to increase risk of disease), spices are anti-inflammatory, helping the body heal itself. Try half a thumb of chopped fresh ginger, half a teaspoon of chopped red chilli and/or a crushed garlic clove.

## How?

Choose ingredients from each section. Stir-fry until meat is cooked through and veg is tender but has bite.



## NOODLES WITH BENEFITS

**USE 50G OF NOODLES** such as buckwheat (which contains rutin to help reduce blood pressure) or rice (packed with bone-boosting phosphorus).

## #fitandwellfood



What combo will you go for? Use this hashtag to share snaps on Instagram @fitandwellmagazine





Stop worrying, get

**HAPPY**

Excess stress can affect your mood, relationships, work life and even your health. Follow our tips to knock anxiety on the head for good...



## SHOULD YOU WORRY ABOUT WORRYING?

A small amount of stress can be good for us. But the number of people suffering from generalised anxiety disorder (GAD), where you continually worry about things, has increased fivefold since 2007 – and it's most common in women over 40.

» Do you get easily tired, but struggle to sleep?  
Yes ☐ No ☐

» Do you often find it difficult to concentrate?  
Yes ☐ No ☐

» Do you have tension in your muscles?  
Yes ☐ No ☐

» Do minor everyday things spiral into major concerns?  
Yes ☐ No ☐

» Once it starts, is your worrying hard to stop?  
Yes ☐ No ☐

*If you answered 'Yes' to at least two, then you probably suffer from excessive worry*

## 6 WAYS TO SORT IT...

### 1 Work it out

**Physical activity** is the best way to quash worry, as it triggers the release of feel-good endorphins. And heading outside to exercise is even better – research from the University of Essex has found getting active in a green area, such as a park, boosts mood and self-esteem, reducing anxiety.



### 2 Tackle problems

**Solving difficulties head-on** will help melt away anxiety. 'When people avoid problems, they fester,' says psychologist Dr Shannon Snapp. As soon as you face your dilemma, you'll feel more in control and less stressed. Also, talk it out with your partner or a friend so you have some support.

### 3 See fun friends

**Spend time with people** who lift and lighten your mood. 'Take a look at who's in your life and what they bring to it,' says psychologist Katie-

Jane Goldin. 'Nurture positive friends who brighten up your day. Weed out negative ones who drag you down.'

### 4 Be thankful

**Expressing feelings** of gratitude can make you more optimistic and lower anxiety levels, so you sleep better. Write down five things you're grateful for every week.

### 5 Prioritise

**Trying to be perfect** = stress! To escape the 'superwoman trap', life coach Georgina Burnett (footprintcoaching.org.uk) suggests listing your life priorities. 'For example, health, career, marriage and children,' she says. 'Now put them in order of importance. Whenever you feel stressed, think of the list and focus on what matters most to you.'

### 6 Be diet wise

**Eat regularly.** Low blood sugar levels can trigger panic attacks, so eat healthy food little and often. Cut down on caffeine and avoid alcohol, as these can increase anxiety.



## QUICK FIX

**Try this cognitive behavioural therapy (CBT) exercise:**

**1** Write down what you're anxious about and how it's making you feel.

**2** Now write down a more rational thought. For example, if your partner's home late and your mind's gone straight to the worst case scenario, write the more likely reason he's been delayed, such as traffic jams. Notice how you feel now – chances are, you're much calmer.

**3** Try to do this whenever a worry enters your mind to help you think rationally.

## When to seek help

If you can't get your anxieties under control, it's time to see your GP. They can refer you for CBT, which helps you look at worries more rationally, and prescribe antidepressants.

## Mind control

**These apps can help ease all anxiety**

### Worry Watch

With this app you can track what's bothering you and log the outcomes – so next time you're anxious about something similar, you'll realise there's no need to be. iPhone and iPad, £1.49



### Smiling Mind

The whole family can benefit from this app. The mindfulness programmes cater for kids from seven years old to adults – all delivered in soothing Aussie tones. iPhone, iPad and Android, Free



### Headspace

This is meditation made simple. It's delivered in relaxing 10-minute sessions by a former Buddhist monk to help you destress and be more mindful. iPhone and Android, £4.99 a month (10-day free trial)



### Walking Meditations

Too busy to sit still and meditate? You don't have to with this app, which helps you chill on the move. There are three short tracks to focus your mind on your body and surroundings. iPhone, iPad and Android, £1.49



### Buddhify

You can tell this app where you are, be it the gym, walking, commuting or at home, then pick a style of meditation that suits the situation, and choose from male or female voices. £3.99, iPhone and iPad



## THE ONE THING... that helps me stress less



'Baking gives me a focus – and a cake at the end!' *Jacqueline MacMillan, via Facebook*



'I get my best friend round, talk everything over and drink wine!' *Victoria Brodie, via Facebook*



'A magnesium supplement, or a long walk with the dog!' *Lysanne Currie, via Facebook*



'I close my eyes and daydream – I imagine scoring a winning goal in hockey.' *Hannah Fox, via Facebook*





**Hoodie, £19.99, xs-xl, Bershka**

If your usual get-up is black, add a burst of block colour

**TIP**  
Perfect to throw on over your gear on the way to the gym



**Low-impact sports bra, £9, 6-18, F&F at Tesco** For yoga, Pilates and other no-bounce sports



**Socks, £6.99, H&M** Go bright from your feet up



**Vest, £7.99, xs-xl, H&M** For sizes up to 24, H&M is the place to go



**Capri leggings, £8, 6-18, F&F Active at Tesco** Lightweight leggings are great for yoga

# LOOK FIT

# save cash!

Good-looking workout gear doesn't have to cost the earth! We've put together our favourite kit for under £20...



**Trainers, £16, F&F Active at Tesco** Step out in style



**Workout bra, £7, 32A-38D, Primark** The moulded cups help minimise movement

**TIP**  
Want to look slimmer? Blurred prints will disguise any bumps



**Leggings, £14, xs-xl, Matalan** Hide a muffin top with high-waist leggings



**Top, £14.99, xs-xl, H&M** A great base layer for outdoor exercise



**Trainers, £12, Primark** At this price, we want them in every colour!



**Vest, £9.99, 6-18, New Look Sport** Team this vest with black, blue or purple bottoms

**Top, £15, 6-22, M&S** Contoured lines create a slimmer silhouette







**Vest, £12.99, xs-xl, TK Maxx**  
Ruching detail makes this vest stylish and practical



**High-impact sports top, £5, 6-20, Primark**  
A bra that offers good support is a must-have



**Bag, £16, Matalan**  
This stylish metallic bag is big enough for everything you need

**Joggers, £14.99, s-l, Elle Sport at TK Maxx**  
Wear these joggers on chilly morning runs



**TIP**  
Co-ordinate your look with matching prints

**Jacket, £20, T-shirt, £12, leggings, £17, all 8-20; trainers, £17, all Dunnes**





# Get shinier hair today!

Whatever your hair type, these expert tips and top buys will leave it glossy and ready to go



## Keep curly hair smooth and shiny

Award-winning hairdresser Mark Hill advises: 'If you have curly hair, then just use your fingers to 'comb' through your curls. Trying to drag a brush through it will make your hair frizzy and can also take away the shine.'

## Everyday treat

Wella SP Shine Define Leave-In Conditioner, £12.75, feelunique.com, contains a professional shine complex to reflect light off dull-looking hair. Spritz onto towel-dried hair every morning to condition and detangle before styling.

## Enhance coloured hair

The award-winning Bumble and Bumble Shine On (And On...) Finishing Spray, £10, Boots, controls wispy flyaways, adds a glossy finish and will boost hair's shine and colour. Simply spray this clever stuff on to dry, styled hair - and go!

## Blow-dry addict?

Celeb stylist Paul Percival, told us: 'The most common mistake when drying hair is to tip your head upside down, which causes frizz. Always direct the hot air down the hair shaft to keep hair glossy and smooth. We like BaByliss 5546CU Nano dryer, £28, Amazon.

## Bargain buy

'If you really want to add a natural shine to your hair,' says Mark Hill, 'then try this traditional tip: add a quarter of a cup of vinegar or beer to your final rinse after you've shampooed and conditioned. This will help lock the cuticles and make it easier for light to bounce off the hair, enhancing its shine.'

## Best for blondes

Phyto Gloss Colour-Enhancing Express Treatment, £20, Space NK, is our hero product. It boosts dull blonde tones, neutralises yellow and leaves hair hydrated.

## Go natural

Invest in a brush made with boar bristles, as these will distribute the natural oils in your hair as you brush, and are less likely to tear it than plastic ones. We like Goody Smooth It Out Brush, £7.99, Boots.

## For very dry hair

Charles Worthington Salon At Home Diamond Shine Gloss Treatment, £9.99, Boots, is infused with diamond powder for silky smooth hair. For extra oomph, apply to dry hair, cover with a warm towel and leave for 10 minutes before rinsing and styling.

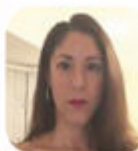
## 60-second saviour

Mark Hill Only Takes A Minute Detox Gloss Treatment, £5.99, Boots, does exactly what it says on the tube. It's the perfect quick fix for boosting manageability and shine, without weighing hair down.

## Fancy a deep treat?

Use Aussie 3 Minute Miracle Shine Deep Treatment, £4.99, Boots, twice a week. But leave on for the full time, so the pearl powder can do its job. Don't rush the rinse!

## THE ONE THING... that gives my hair shine



'I add a couple of drops of argan oil to my conditioner every day.'  
Kate Lane, via Facebook



'Coconut oil. Try to leave it on for an hour or so before washing.'  
Davina Maji, via Facebook



'I always apply Wella Professionals Reflections Oil (from £15).'  
Alison Mitchelmore, via Facebook





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**10**  
minute  
challenge

# Your speedy smoothie a day!

Can 10 minutes a day make a difference? Take this month's daily juice detox challenge to find out!

**Y**ou might barely have time to brush your teeth before you whizz out of the door in the morning, but our super-fast smoothie recipes mean there's no excuse to skip breakfast. For the next 30 days, try switching your normal breakfast (or lunch, if you prefer) for one of these fresh smoothies to boost your energy and up your veggie intake.

'You'll also cut calories, as you're less likely to snack later, and increase the amount of nutrients your body receives first thing,' explains diet expert Laura Williams, who created these easy recipes for the Green Juice Detox: Lose 7lb in 7 Days app (£1.99, iTunes).

If the thought of green 'mush' doesn't appeal, experiment with fruit and veg of all colours. 'Blend the whole fruit or vegetable for the best nutrient injection and add a handful of nuts to increase your fibre, protein and fatty acid intake,' says Laura. 'Or mix your smoothie with milk or yogurt for a protein boost.'

## Two brilliant blends to try

### TROPICAL SENSATION

**WHIZZ** » 75ml coconut milk  
» 2 handfuls of spinach  
» ¼ medium-sized chopped pineapple  
» 1 sliced banana » ½ chopped papaya  
» 3tbsp low-fat yogurt

### SUPER BOOSTER

**WHIZZ** » 2 handfuls of spinach  
» 1 handful of kale » 2 sliced celery stalks  
» Handful mango chunks  
» Handful peach slices » 1 sliced banana  
» 75ml coconut milk



## Take the challenge!

**Tick off each day, from 1 to 30.** A daily breakfast smoothie is a great way to start your day, upping your vitamin and mineral intake. Just don't forget to mix it with protein to keep you feeling fuller for longer.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10
<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20
<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30

### The next step...

The Green Juice Detox app has 12 easy, juicer-free recipes, plus a detox meal plan. Download it for your iPad or iPhone today for £1.99.

**GREEN  
JUICE  
DETOX**



# Will you join the *triathlon trend?*

Ever wondered if you're up to a triathlon? What if you could do it with your friends? The women who've been there share their stories and tips!



**M**ention the word 'triathlon' and you may picture elite athletes hardly breaking a sweat as they complete an open-water swim, followed by a hilly cycling route and then a gruelling run to the finish. But things are changing. Such is the popularity of the triathlon that they're springing up everywhere and, what's more, they're achievable.

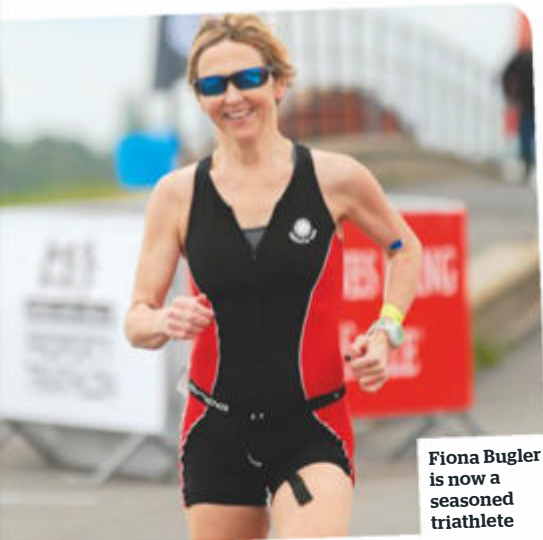
Forget ironman events featuring a 2.4-mile swim, 112-mile bike ride and 26.2-mile run, which can take months to train for, many sprint-distance events are designed for beginners and consist of a half-mile swim, 12-mile bike ride, and 3.1-mile run. Some triathlons are women-only and have swim events in a pool rather than in open water. In others, you can take part as a group with each person taking on one event.

Triathletes say that training for three events keeps things interesting: it's a total body workout, boosts stamina and it's mentally challenging.

Age is no barrier - *Desperate Housewives'* Teri Hatcher completed the 2014 Nautica Malibu Triathlon just shy of turning 50 - so why not give it a go?







Fiona Bugler is now a seasoned triathlete

## THE SOLO TRIATHLON STAR

**Fiona Bugler, 47, is a journalist who lives in Eastbourne, East Sussex, with her teenage son and daughter.**

I was 45 when I did my first sprint triathlon and I've now notched up four of them. There's nothing quite like the glory of getting through the gruelling open-water swim, cycle and run.

I've been a marathon runner for 13 years so I had a good level of fitness, but I wasn't so well prepared for the other events. I'd never even changed gear on my bike before and nothing could have prepared me for swimming in a murky lake with other competitors' arms and legs flailing everywhere.

But after the euphoria of completing my first triathlon in 1 hour 26 minutes, I was hooked. Triathlons challenge me in different ways. When I did my second event in Bexhill, East Sussex, it was a sea swim and the waves were so huge that I had a panic attack and had to pull out. It was so disappointing, but it made me more determined to succeed next time. I've slowly got to grips with the open water and now on holidays, I'll happily go off for a 45-minute swim in the sea.

Triathlons have made my body stronger. They work different muscle groups and the cross-training is great for preventing injury.

I've also noticed that swimming is brilliant for my core strength and flexibility, which I'm focusing more on as I approach my fifties.

It's a challenge to fit in training between work and being a mum

## THE TRIATHLON TEAM

Alison, Claire and Sue say competing together is a bonding experience



### THE SWIMMER

Alison Tansley, 48, lives in Essex and works part-time for her husband, a builder.

I met Claire and Sue through a local bootcamp and we started doing sporting events together. Last year, we did the Olympic distance London Triathlon - a 1,500m swim, 40km bike ride and 10km run.

I'm most at home swimming. It's the best cardiovascular exercise. It works my lung capacity and it's an all-over body workout that's low impact on my bones and joints.

In the two years since our first triathlon (Hever Castle triathlon in 2013), I've got so much fitter. I used to be half a length behind a girl about half my age - now I'm ahead of her!

Technique is key. You have to pull yourself through the water. The longer you can hold your breath, the better you swim.

I fit in my training once my kids are asleep. I do spinning, swimming and Pilates. If I don't, I'm like a bear with a sore head!



### THE CYCLIST

Claire Taylor, 38, is a beauty therapist and teacher who lives in Essex with her children.

Alison, Sue and I needed a new challenge, so I came up with the idea of us doing a triathlon. I used to be more of a runner, but during training I found that I was strongest at cycling and I've never looked back.

The best thing about a triathlon is reaching a goal and the camaraderie that comes from team work.

The hardest part is negotiating hills and finding the time to train while juggling children and work life. Over the last two years since I've been doing triathlons, I've gone from a size 16 to size 12. I'm stronger and happier.



### THE RUNNER

Sue Nice, 43, a banking PA and lives in Essex. I was always sporty but I got out of the exercise

habit as I got older. I started running again six years ago with my cousin in a bid to get fit - when I started, I couldn't even run down the road. Now, I've done two triathlons and have two more coming up. I'm definitely fitter, I can breathe better when I'm training, my recovery has improved and I have more energy. Triathlons make me feel younger and I have more life in me. On the day of the event, there's nothing like being out running on the roads and enjoying the crowd cheering you on.

» For more information, visit [londontriathlon.com](http://londontriathlon.com)



but setting goals is key. I recommend training with others - my partner, Chris, and I swim together. Plus, Eastbourne is great training territory: flat seafront for running, the sea for swimming and the South Downs for cycling.

One of the hardest things is the jelly legs you get in transition from the bicycle to running - my tip is to practise the change before the big day.

» Visit [sherunsshe writes.com](http://sherunsshe writes.com)

**Want to try Tri?**

Find out how to take part in a triathlon near you at [britishtriathlon.org](http://britishtriathlon.org)

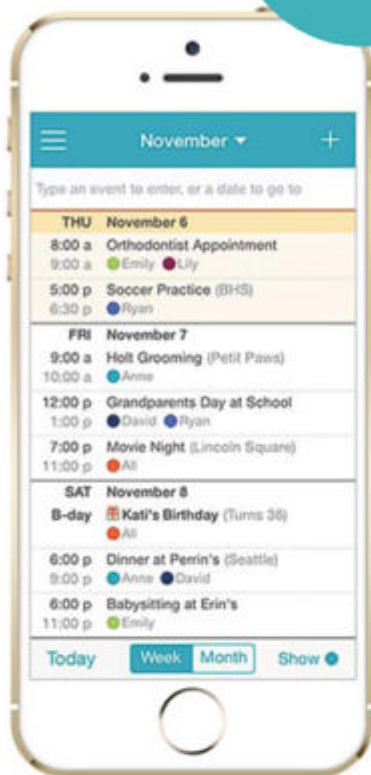


'Triathlons have made my body stronger'





FREE!



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# Eat well!

Healthy » Fast » Delicious!

**25**

good-for-you food ideas



⌘ Low-carb pizza... yes please!



⌘ Low sugar bakes



⌘ Fast & healthy breakfast ideas

» We help you choose the healthy option, whatever your diet

**Low cal**

Mains under 500  
Snacks/desserts under 150

**Low fat**

Under 14g of fat for main meals

**Low sugar**

Less than 5g of added sugar per serving

**Low salt**

Contains 1.5g of salt or less per serving

**High protein**

At least 20% of cals come from protein

**Low carb**

Under 40g of carbs for main meals

**Low sat fat**

Less than 3g of saturated fat per serving

**Gluten free**

Contains no gluten products

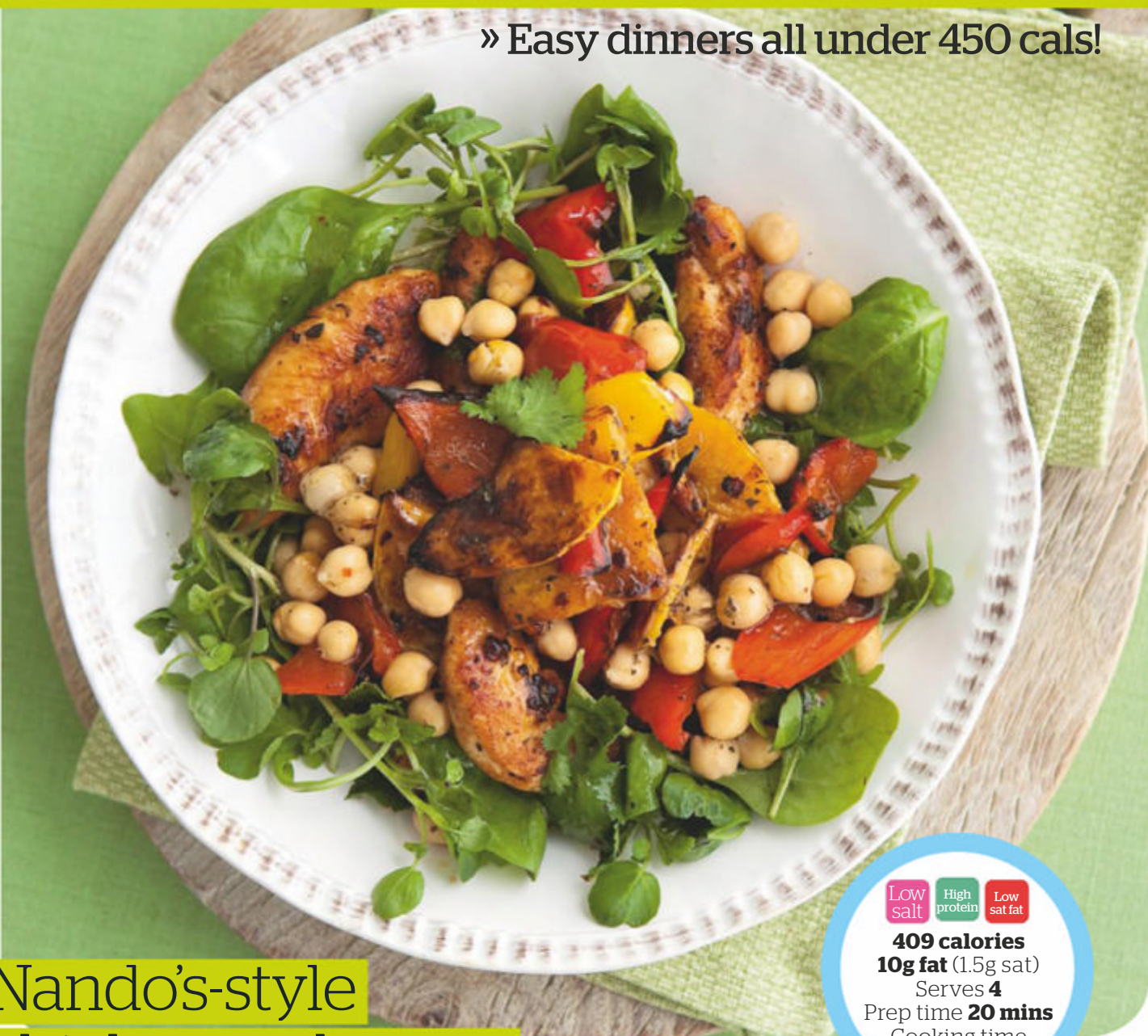
**2**

The portions of fruit and/or veg per serving



# #InstaSlim

» Easy dinners all under 450 cals!



## Nando's-style chicken makeover

Low salt High protein Low sat fat

**409 calories**

**10g fat** (1.5g sat)

Serves **4**

Prep time **20 mins**

Cooking time  
**30 mins**

### YOU WILL NEED

- » 4 chicken breasts
  - » 1tbsp peri-peri seasoning
  - » Juice of 1 lemon
  - » 1 butternut squash, deseeded and sliced
  - » 1 red and 1 yellow pepper, deseeded and sliced
  - » 2 garlic cloves, chopped
  - » 2tbsp olive oil
  - » 140g bag each watercress and spinach
  - » 400g can chickpeas, rinsed
- For the dressing**
- » 6 sun blush tomatoes, drained and chopped
  - » 3tbsp red wine vinegar
  - » 1 garlic clove
  - » 1tbsp balsamic vinegar
  - » 1tbsp extra-virgin olive oil
  - » 3tbsp water
  - » ½tsp runny honey

### WHAT TO DO

- 1 Heat the oven to 200C, gas 6. Put the chicken into a roasting tin, sprinkle on the peri-peri seasoning and pour over the lemon juice.
- 2 Add the squash, peppers and garlic to the roasting tin. Drizzle over the oil and roast for 30 mins until everything is starting to char.

- 3 Meanwhile, make the dressing: put the tomatoes, vinegar, garlic, balsamic vinegar, oil, water and honey in a blender, and whizz together to combine.
- 4 Toss the chickpeas into the roasted vegetables and chicken, then serve on a bed of watercress and spinach. Drizzle over the dressing.





## Rogan josh fake-away

### YOU WILL NEED

- » Few squirts Frylight Extra Virgin Olive Oil
- » 1 red onion, sliced
- » 200g lamb rump steaks, cubed
- » 1 garlic clove, crushed
- » 1tbsp gluten-free rogan josh curry paste
- » 200ml beef stock
- » 200g can tomatoes

- » 1tbsp tomato purée
- » ½ red pepper, deseeded and cubed
- » 1 small sweet potato, cubed
- » 50g frozen peas

### WHAT TO DO

- 1 Heat the oil in a flameproof casserole pot, add the onion and fry for a few mins.
- 2 Add the lamb and garlic, and stir in the rogan josh paste. Cook for 10 mins, stirring occasionally, until the meat is brown.
- 3 Add the stock, tomatoes, tomato purée, pepper and sweet potato. Cover and simmer for 40 mins until the lamb is tender.
- 4 Add the peas and cook for a few mins to warm through.

High protein Low sat fat 1

**348 calories**  
**12g fat** (4g sat)

Serves **2**

Prep time **5 mins**

Cooking time  
**55 mins**

## Healthy crusted cod and mushy pea mash

### YOU WILL NEED

- » 600g potatoes, quartered
- » 350g frozen peas
- » 8tbsp garlic breadcrumbs
- » 1 egg white
- » 2tbsp each of chopped mint and parsley
- » 4 x 125g cod fillets
- » 16 cherry tomatoes on the vine
- » 1tbsp olive oil
- » 3tbsp skimmed milk
- » 1 lemon, cut into wedges

### WHAT TO DO

- 1 In a pan of water, boil the potatoes for 10 mins, adding the peas for another 5 mins. Heat oven to 180C, gas 4.
- 2 Mix breadcrumbs, egg white and herbs, and spread over the fish. Bake for 10 mins, add tomatoes and cook for 5 more mins, until fish is cooked through.
- 3 Drain potatoes and peas, whizz in a processor with oil and milk until smooth.
- 4 Spoon the mash on to hot plates, arrange fish on top and serve with the roast tomatoes and lemon wedges.

Low salt Low sat fat High protein

**435 calories**  
**6g fat** (1g sat)

Serves **4**

Prep time **5 mins**

Cooking time  
**20 mins**





## Spiralised 'spaghetti' bolognese



High protein Gluten free 4

**313 calories**  
**14g fat** (6g sat)

Serves **4**

Prep time **15 mins**

Cooking time  
**35 mins**

### YOU WILL NEED

- » Few squirts Frylight
- » 400g lean beef mince
- » 1tsp gluten-free chicken seasoning
- » 1 red onion, chopped
- » 1 garlic clove, crushed
- » 1 celery stick, chopped
- » 1 red pepper, chopped
- » 1 courgette, diced
- » 400g can cherry tomatoes
- » 3tbsp tomato purée
- » 1tbsp balsamic vinegar
- For the spaghetti**
- » 200ml beef stock
- » 4 carrots and 4 courgettes, cut into thin strands (we used Lakeland Spiralizer)

### WHAT TO DO

- 1 Heat the oil in a pan, add the mince, seasoning and onion, and fry for 10 mins.
- 2 Stir in rest of ingredients and simmer for 25 mins.
- 3 Meanwhile, put the stock into a large pan of boiling water, add the carrot and courgette strands and cook for 2 mins, to soften. Drain and serve with the sauce.

## The clever low-carb pizza

### YOU WILL NEED

- » 650g cauliflower
- » 1 egg, lightly beaten
- » 40g finely grated Parmesan
- » 1tbsp thickening granules (we used McDougalls)
- » 227g can chopped tomatoes
- » 1 garlic clove, crushed
- » 100g light mozzarella, drained
- » Few basil leaves

### WHAT TO DO

- 1 Heat oven to 230C, gas 9. Cut the cauliflower into florets and blitz in a processor until it looks like crumbs.
- 2 Tip into a bowl, add a pinch of salt, the egg, Parmesan and thickening granules. Stir together

until thoroughly combined.

3 Line a baking tray with baking parchment.

Spread the cauliflower mixture onto the tray with a palette knife. Bake for 10 mins until golden and firm.

4 Meanwhile, drain the tomatoes. Spread the drained tomatoes with 1tbsp of the juice over the 'pizza' base. Sprinkle over the garlic.

5 Chop the mozzarella into small cubes. Scatter the cheese and basil over the base.

6 Bake for 10 mins until the cheese is melted. Cut into wedges to serve.



Low salt Low carb 2

**251 calories**  
**12g fat** (3.5g sat)  
Serves **3**  
Prep time **15 mins**  
Cooking time  
**20 mins**



## Chilli con carne veggie style



### YOU WILL NEED

- » 2tbsp olive oil
- » 1 onion, chopped
- » 2tsp chilli powder
- » 2tsp chipotle paste
- » 1tsp ground cumin
- » 2 garlic cloves, crushed
- » 1 red chilli, deseeded and chopped
- » 1 red pepper, deseeded and chopped
- » 2 sticks celery, chopped

- » 500g sweet potatoes, cubed
- » 400g can chopped tomatoes
- » 600ml vegetable stock
- » 400g cannellini beans, drained and rinsed
- » 400g can pinto beans, drained and rinsed
- » Small bunch of coriander

### WHAT TO DO

- 1 Heat oil and fry onion in a large pot for a few mins. Add chilli powder, chipotle paste, cumin, garlic and chilli, and cook for a couple of mins.
- 2 Tip in the pepper, celery, sweet potatoes, tomatoes and stock. Add the cannellini and pinto beans, and 2tbsp chopped coriander. Cover and simmer for 20 mins.
- 3 Serve garnished with extra coriander sprigs.

High protein Low sat fat 3

**327 calories**

**7g fat** (1g sat)

Serves **4**

Prep time **15 mins**

Cooking time

**25 mins**

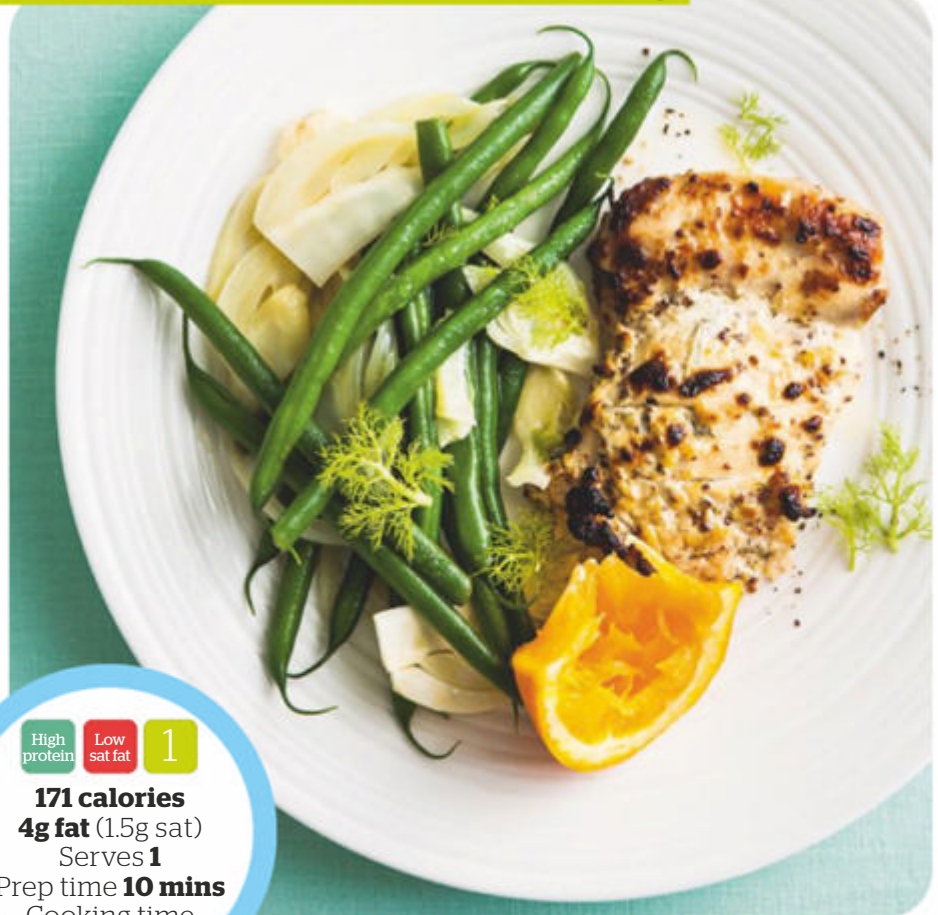
## No-pig-out pork with mustard & veg

### YOU WILL NEED

- » 75g pork fillet
- » 50g low-fat natural yogurt
- » ½tsp wholegrain mustard
- » 1 garlic clove, crushed
- » Few fresh tarragon leaves
- » Zest and juice ½ orange
- » 50g green beans, trimmed
- » ½ fennel bulb, trimmed and sliced

### WHAT TO DO

- 1 Heat the oven to 200C, gas 6. Bash the pork between clingfilm to flatten. Cut slashes in the pork and season.
- 2 Put the yogurt, mustard, garlic, tarragon, orange zest and half the juice in a shallow ovenproof dish. Stir together to combine.
- 3 Add the pork and smother in the mixture. Leave for 20 mins, if you've time. Then cook pork for 20 mins until the juices run clear.
- 4 Meanwhile, put the beans and fennel into a bowl. Add the remaining orange juice and 1tsp water. Microwave for 3 mins. Drain and serve with the pork.



High protein Low sat fat 1

**171 calories**

**4g fat** (1.5g sat)

Serves **1**

Prep time **10 mins**

Cooking time

**20 mins**



# Why *IS* everyone EATING COCONUT?

» From savoury dishes, to baking and even cooking oil, coconut is popping up everywhere...

## What's so good about it?

### COCONUT IS

- » A good source of fibre
- » High in vitamins B1, B3, B5, B6 and E
- » Mineral-rich, with calcium, iron, selenium, magnesium and phosphorus
- » Free from lactose, so suitable for lactose-free and vegan diets

Though coconut oil and milk are high in saturated fatty acids, they are quickly metabolised into energy by the body and so are less likely to be stored as fat. One of the fatty acids, lauric acid, is thought to have antiviral and antibacterial properties, too. So enjoy in moderation.

## How to use it

- » **Coconut water** can perk up salad dressing: whisk 4tbsp coconut water, 2tbsp olive oil and 2tbsp lemon juice. Try Chi 100% Pure Coconut Water, £1.85.
- » **Coconut oil** is a great energy booster - use to fry or bake. Try KTC Coconut Oil, £2.
- » **Coconut cream** can be used to fill dairy-free cakes. Chill a can for 3 hrs and whip to soft peaks with vanilla and icing sugar. Try Tesco Ingredient Coconut Cream, 95p.
- » **Coconut milk** flavours Asian curries and is a good substitute in cake batters. Try Blue Dragon Coconut Milk, £1.99.

- » **Coconut butter** is perfect as an alternative to butter or use as a dairy-free option in pastry. Try Biona Organic Coconut Bliss, £4.95.
- » **Fresh coconut pieces** are delicious sprinkled in salads. Try prepared coconut, £1.25 at Morrisons.

Perk up salads and vegetables with a light coconut dressing



Compiled by Katie McClelland and Felicity Barnum-Bobb Photos Chris Alack and Timinutcontent.com



## Get cooking!

## Tasty Thai coconut soup

## YOU WILL NEED

- » 125g Thai rice noodles
- » 2tbsp green curry paste
- » 2 x 400ml cans reduced-fat coconut milk
- » 225g can bamboo shoots, drained
- » 1cm root ginger, peeled and cut into matchsticks
- » 200g large cooked prawns (optional)
- » 1 bunch spring onions, trimmed and chopped
- » 200g kale, chopped
- » Finely grated zest and juice 1 lime
- » Dash fish sauce
- » 3tbsp coriander leaves

## WHAT TO DO

1 Put the rice noodles into a bowl and pour over boiling water to cover. Leave for 4 mins until they swell up and turn white.



Low cal  
Gluten free

**338 calories**  
**17g fat** (13g sat)

Serves **4**  
Prep time **20 mins**  
Cooking time **20 mins**

2 Meanwhile, put the curry paste into a pan with the coconut milk, bamboo shoots and ginger. Heat gently, stirring.

3 Add the prawns, if using, spring onions, kale, lime zest and juice, and fish sauce. Warm through for a couple of mins, then add the noodles and heat for 1 min. Serve sprinkled with coriander leaves.

## Lime &amp; coconut cheesecake

## YOU WILL NEED

- » 150g coconut biscuits, finely crushed
- » 75g olive oil spread, melted
- » 400g quark
- » 150g caster sugar
- » 4 limes, zest grated and juice reserved
- » 150ml reduced-fat coconut milk
- » 4 gelatine leaves, softened in cold water
- » 1 mango, peeled and sliced
- » 25g toasted coconut shavings

Low salt

**167 calories**  
**8g fat** (2.7g sat)  
Serves **16**  
Prep time **30 mins**, plus chilling

## WHAT TO DO

1 Combine the biscuits and spread, press into the base of a greased and lined 20cm spring clip tin. Chill in the fridge.

2 Mix together the quark, sugar and zest of 3 limes.

3 Warm the coconut milk and lime juice in a pan until steaming, but not boiling. Add the gelatine, stirring until dissolved. Pour into the quark mixture and stir well. Spoon onto the biscuit base, smooth the surface and chill for at least 4 hrs or until set.

4 Decorate with mango slices, remaining lime zest and coconut shavings.



#fitandwellfood



Use this hashtag to share your coconut creations with us on Instagram  
@fitandwellmagazine



# 7 smart & speedy breakfasts

» Start the day with one of these simple healthy ideas...



## Poached egg toastie

» **Brilliant for** keeping hunger pangs at bay

» Bring a pan of salted water to the boil. Grease a heatproof cup or poaching cup with a **squirt of low-cal spray** and crack **1 egg** into it.

» Lower the egg into the boiling water, bring to the boil and cook for 4 mins.

» Use a cutter to stamp a

circle out of the centre of **1 slice wholemeal bread**, or just halve if you prefer. Toast the bread, then

upturn the egg onto it.

### WHY IT WORKS

Super low cal, but filling, too - great for 5:2 diet days.

Low cal High protein Low sugar

**170 calories**  
**8g fat** (2g sat)

Serves **1**

Prep time **5 mins**

Cooking time

**4 mins**





## Peanut protein pancakes

» **Brilliant for** keeping bones strong

» Put **3 scoops vanilla protein powder** into a blender with **3 egg whites**, **2tbsp peanut butter** and **3tbsp almond milk**.

Blitz until blended.

» Heat **½tsp coconut oil** in a non-stick pancake pan. Pour in the pancake batter and cook for 2

mins until bubbles rise to the surface. Flip over and cook for 2 more mins until firm.

» Serve with **3 quartered strawberries**, **1 peeled and sliced orange** and **1tbsp of agave or maple syrup**.

**WHY IT WORKS** The protein in peanut butter helps build and repair muscle tissue and almond milk is a good source of vitamin D, reducing risk of osteoporosis.

High protein

Gluten free

1

**472 calories**  
**19g fat** (5g sat)

Serves **1**

Prep time **5 mins**

Cooking time

**5 mins**

## Spice-up-your-life vanilla porridge

» **Brilliant for** boosting your libido

» Put **25g gluten-free jumbo oats** into a large bowl with **100ml almond milk**, pinch each of **cinnamon**, **ground ginger** and **turmeric**.

» Stir through **1tsp each of vanilla**, **maca** and **maple syrup**. Microwave for 2 mins. Use a julienne peeler or coarsely grate **1 apple**. Serve on top of the

porridge with **1tsp raisins** and **1tbsp dairy-free coconut milk yogurt**.

**WHAT'S MACA?**

A mineral-rich powder, great for energy, which is also reported to raise libido and sex drive!

Low sugar

Gluten free

Low sat fat

**185 calories**  
**6g fat** (2.5g sat)

Serves **1**

Prep time **5 mins**

Cooking time

**2 mins**



## Super fruity blueberry & apple compote

» **Brilliant for** boosting your immune system

» Peel and chop **2 apples**, add **50g blueberries**, **1cm grated root ginger** and **100ml reduced-fat coconut milk**.

» Microwave on high for 2 mins.

Sprinkle with cinnamon to serve.

**WHY IT WORKS** Studies have found that the pterostilbene found in blueberries can help your immune system - especially when combined with vitamin D (so pop a supplement with your breakfast).

Low salt

2

Gluten free

**234 calories**  
**7g fat** (6g sat)

Serves **1**

Prep time **5 mins**

Cooking time

**2 mins**





## Filling banana porridge

**Brilliant for** preventing morning munchies

Low salt Gluten free 1

**454 calories**  
**27g fat** (14g sat)  
 Serves **1**  
 Prep time **5 mins**  
 Cooking time **2 mins**

» Pour **150ml water** into a bowl with **25g gluten-free jumbo oats**, **4tbsp reduced-fat coconut milk**, **1tbsp almond butter** and **1tbsp coconut oil**. Slice **1 banana** and add to bowl.  
 » Microwave on high for **2 mins**. Stir and serve sprinkled with **5 raspberries** and **1tsp mixed seeds** (we used omega 3 sprinkles).  
**WHY USE ALMOND BUTTER?** It's a great way to increase the essential fatty acids in your diet.

## Surprise breakfast smoothie

» **Brilliant for** healthy hair

» Put **1 sliced banana**, **1 avocado**, **25g washed spinach leaves**, **50g frozen summer berries**, **200ml almond milk** and **2tsp runny honey** in a blender.

» Blitz for a few seconds, adding **100ml water** if you like, for a smooth consistency.

**WHY IT WORKS** Spinach has high levels of vitamin A, good for sebum production to keep hair shiny. Iron-rich, it can counter hair loss, too.

Low salt Gluten free 3

**495 calories**  
**32g fat** (7g sat)  
 Serves **1**  
 Prep time **5 mins**



## Low-sugar granola

» **Brilliant for** boosting calcium

» Put **100g each of pecans** and **50g almonds** into a processor and blitz for **30 seconds** to partly crush.

» Tip on to a baking tray with **100g each pumpkin seeds** and **sunflower seeds**, **50g almonds** and **25g flax seeds**.

Sprinkle over **1tbsp cinnamon**, **3tbsp coconut oil** and **3tbsp maple syrup**.

» Bake at **180C**, gas 4 for **15 mins** to toast. When cool, stir in **100g raisins**. Store in an airtight jar. Serve with **100ml soya vanilla yogurt** and **1tbsp pomegranate seeds**.

**WHY IT WORKS** Low in unhealthy sugar, the clever combination of seeds and nuts makes this low in carbs and high in bone-boosting calcium.

Low sugar Gluten free Low carb

**273 calories**  
**20g fat** (4g sat)  
 Serves **15**  
 Prep time **10 mins**  
 Cooking time **15 mins**





**110 calories (21g)**  
Mini Smarties Chick



**128 calories (2 eggs)**  
Sainsbury's Taste The Difference  
Swiss Dark Chocolate Mini Eggs



**57 calories (10g)**  
Mini Lindt Gold Bunny



**156 calories (29g)**  
MaltEaster Bunny

# EASTER Chocolate? Yes, you can!

» Indulge in your favourite sweet treat for under 200 calories (the same as a hop around the block)



**135 calories (25g)**  
Thorntons Harry Hopalot Milk  
Chocolate Lolly



**174 calories (39g)**  
Cadbury Creme Egg



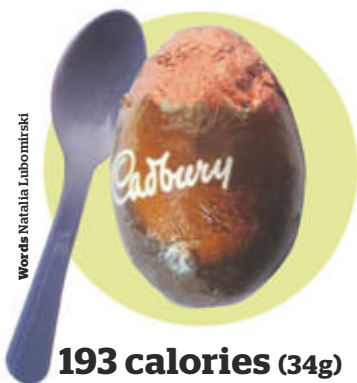
**64 calories (2 eggs)**  
Sainsbury's Taste The Difference  
Belgian Chocolate Praline Eggs



**93 calories (18g)**  
Cadbury Dairy Milk Freddo  
Sprinkles



**67 calories (for 2)**  
Sainsbury's Hollow Milk  
Chocolate Easter Bunnies



**193 calories (34g)**  
Cadbury Dairy Milk Egg 'n' Spoon



**110 calories (20g)**  
Lindt Bunny Paw



**150 calories (20g)**  
Marks & Spencer Cheeky Chick



**135 calories (24g)**  
Aero Bubbly Egg



# Time to treat yourself

» Fancy a healthier sweet treat? We've stripped out all the refined sugar and added naturally sweet alternatives...



Gluten free

**380 calories**  
**19.5g fat** (5g sat)  
Serves **12**  
Prep time **20 mins**  
Cooking time  
**25 mins + cooling**

## 'Ooh-there's-no-sugar' carrot cake

### YOU WILL NEED

- » 250g buckwheat flour
- » 2tsp gluten-free baking powder
- » 1tsp bicarbonate of soda
- » ½tsp cinnamon
- » ½tsp mixed spice
- » 50g pecans, chopped
- » 400g can pineapple in natural juice
- » 2 bananas, mashed
- » 100g medjool dates, stones removed
- » Pulp of 1 passionfruit
- » 150g carrots, grated
- » 5tbsp agave syrup
- » 150ml rapeseed oil
- » 3 eggs
- » 300ml pineapple juice
- » 2 x 280g light cream cheese
- » Yellow rose (optional)

### WHAT TO DO

- 1 Heat the oven to 180C, gas 4. Grease and line 3 x 18cm cake tins. Sift the flour, baking powder, bicarb, cinnamon and spice in a large bowl, add the pecans.
- 2 Drain the pineapple, reserving the juice. Blitz all the fruit in a processor. Add to the dry ingredients with the carrots, 3tbsp agave syrup, oil and eggs. Gently mix, pour into the tins and bake

for 25 mins. Cool on a wire rack.

3 Pour all the pineapple juice into a pan. Bring to the boil and bubble for 10 mins until reduced to a thick syrup. Cool.

4 Combine the cream cheese and remaining agave syrup. Put one cake onto a cake stand. Spoon over a third of the cream cheese mixture, then the syrup. Repeat with next 2 layers. Scatter over rose petals, if you like.



# Oat-tastic fresh and fruity American pancakes

## YOU WILL NEED

- » 200g oats
  - » 700ml buttermilk
  - » 3 eggs, beaten
  - » 75g buckwheat flour
  - » 2tsp gluten-free baking powder
  - » 100g blueberries
  - » Pinch of salt
  - » 2tbsp rapeseed oil
- To serve**
- » 150g blueberries
  - » 1 banana, sliced
  - » 8 strawberries, sliced

## WHAT TO DO

- 1 Put the oats in a large bowl and pour over the buttermilk. Chill and leave to soak for 2 hrs or overnight.
- 2 Mix in the eggs, flour, baking powder, blueberries, salt and 1tbsp oil until combined.
- 3 Heat a flat griddle or large, shallow heavy-based pan with a little oil. Ladle in mixture to make 2 or 3 pancakes at a time, about 10cm in diameter.

When the surface starts to bubble - after about 2 mins, use a flat spatula to flip them over. Cook until just firm. Keep warm in a very low oven.

- 4 Put the blueberries in a pan with 3tbsp water, bring to the boil and simmer for 3 mins until fruit softens and liquid becomes syrupy.
- 5 Layer up a couple of pancakes with some blueberries, banana and strawberries to serve.



Low  
sat fat

Gluten  
free

**406 calories**  
**12g fat** (1g sat) Serves **6**  
 Prep time **20 mins**  
**+ soaking**  
 Cooking time  
**20 mins**

## Show us yours!

This month's Twitter shout out for the best low-sugar bakes made our mouths water...



» Apricot and orange fruit loaf  
@reallyprettyuse



» No sugar buckwheat and pumpkin muffins, Sara Saunders via Facebook



» Vegan chocolate silken tofu pudding @planetveggie



» Sugar-free cereal bars with coconut oil, Kate Lane via Facebook

## #fitandwellfood



Want to appear here? Use this hashtag to share your healthy bakes on Instagram  
@fitandwellmagazine



# Meal makeover

## LASAGNE



High protein

4

**558 calories**  
**18g fat** (7g sat)
Serves **6**Prep time **20 mins**Cooking time  
**1 hr 10 mins**

### » THE ORIGINAL VERSION

Traditional full-fat mince is high in saturated fat and the creamy sauce, made with full-fat milk and butter, means it comes in at 911 calories and 41g fat.

### WHAT WE DID

We switched the mince for lower-fat quorn and used olive oil spread instead of butter and semi-skimmed milk, not full-fat.

### THE DIFFERENCE

	ORIGINAL VERSION	HEALTHIER VERSION
Calories	911	558
Protein	48g	36g
Carbs	61g	51g
Fat	41g	18g
Saturates	26g	7g
Fibre	3g	11g
Sugar	19g	18g
Salt	2g	1g

### » OUR HEALTHY VERSION

#### YOU WILL NEED

- » 2 red peppers, deseeded and cubed
- » 4 courgettes, sliced
- » 2 aubergines, sliced
- » 2 onions, finely chopped
- » 4 garlic cloves, chopped
- » 3tbsp olive oil
- » 500g quorn mince
- » 2tbsp Worcestershire sauce
- » 400g can tomatoes
- » 1tsp oregano
- » 900ml semi-skimmed milk
- » 50g olive oil spread
- » 75g plain flour
- » 125g half-fat Cheddar, grated

- » 50g Parmesan, grated
- » 225g lasagne sheets

#### WHAT TO DO

- 1 Heat oven to 220C, gas 7. Put peppers, courgettes, aubergines, half the onions and garlic in a roasting tin. Drizzle with 2tbsp oil. Roast for 30 mins. Turn oven to 200C, gas 6.
- 2 Heat 1tbsp oil in a large frying pan, add remaining onion and garlic, and fry for a few mins. Add the quorn, pan-fry for a couple of mins, then add the Worcestershire sauce, tomatoes and

oregano. Leave to simmer for 5 mins.

3 Put the milk, spread and flour in a non-stick pan. Heat and whisk until thickened. Stir in the Cheddar and half the Parmesan.

4 In a 2.5-litre lasagne dish, layer up the quorn mince, roasted vegetables, lasagne and cheese sauce. Sprinkle on the rest of the Parmesan and cook for 40 mins until top is golden.



# feel**better**FOOD

## That's clever!

Researchers have found people who eat berries mid-afternoon eat 134 fewer calories, on average, at dinner. So replace that sugary snack and lose up to a stone in a year.

## Easy upgrade

Try these clever side serving swaps to make your calories go further

**SWAP**  
Mashed potato  
130 cals per cup\*



**SAVE 101 CALS**

**FOR**  
Mashed cauliflower  
29 cals per cup\*



**SWAP**  
Burger bun  
236 cals



**SAVE 130 CALS**

**FOR**  
Muffin  
106 cals



**SWAP**  
Spaghetti  
222 cals per cup\*



**SAVE 180 CALS**

**FOR**  
Spaghetti squash  
42 cals per cup\*



## Fast fix

Ward off snack attacks by sipping on grapefruit juice at breakfast - it's crammed with plant compounds that help balance blood sugar, keeping your energy and appetite stable, found a study.



## Time for tea

Swap your regular builder's brew for one of these health-boosting, mood-enhancing cuppas...



» **GREEN TEA** is high in antioxidants. Try Pukka Supreme Matcha Green, £2.39.



» **REDBUSH** is naturally caffeine-free. Try Twinings Caramel Redbush Chai Latte, £3.49.



» **MINT TEA** can ease digestion. We love Teapigs Liquorice and Peppermint Tea, £4.49, after a big dinner.

## Your gluten-free day

With more of us trying to avoid gluten, it's good news there are now alternatives to lots of our fave foods. Try...



» **Breakfast**  
Nestlé Gluten Free Cornflakes, £1.99, from supermarkets



» **Lunch**  
Soupologie Beetroot & Pomegranate Detox Boost Soup, £2.99, ocado.com



» **Dinner**  
NO.G Too Good To Be Gluten Free Crustless Garden Vegetable Quiche, £2.50, Asda



**#FITANDWELLWISDOM** 'My weaknesses have always been food and men - in that order' Dolly Parton

**#fitandwellfood**



Use this tag to share your favourite buys with us on Instagram @fitandwellmagazine



# 30 days to a better **BUM!**

Take our daily eight-move squat challenge to get a firmer bum, plus a flatter tum and thinner thighs, too!



Your personal  
trainer, Tom  
Frearson

**A**lso known as the 'king of exercise', the squat targets every muscle in your legs, while also increasing strength and stability in your abdomen and lower back. But it's essential you perform them correctly, says British Military Fitness instructor Tom Frearson. Find out how to do them, and other killer moves, opposite, then follow the 30-day Squat Challenge plan, ticking off each session as you go.



# YOUR 8 BOTTOM-BOOSTING MOVES

**30**  
day  
challenge

The plan doesn't just include variations on the basic squat, but also bridges, lunges and star jumps, which all help activate your glute muscles. And stronger glutes = a better squat!

## » Basic squats

Stand with feet shoulder-width apart and slightly turned out, head looking forward, shoulders back, chest out and core engaged. Keeping feet flat and back straight, lower into a sitting position as far as you can go. Lift arms out in front of you, fingers pointing forwards, to help keep balance. Pause briefly, then push heels into the floor and drive back up to your starting position.



## » Star jumps

Stand with feet slightly apart and knees gently bent. As with the squat, sit down as far as you can go (keeping back straight), then explode upwards in a jump, extending legs out and your arms up and out (to form a star). Land softly and return to start position.

## » Lunges

Stand with your hands on your hips. Step one foot out in front of you and bend both legs so they form right angles. Pause briefly, then, engaging your core, drive your body back to the starting position. Switch sides and repeat.



**TIP**

Keep your head up and looking forwards



## » Bulgarian split squats

Stand in front of a chair, hands on hips. Lift your right leg back to rest the front of your foot on the chair (front knee should be slightly bent). Bend both knees to lower into a lunge, with back knee pointing towards the floor. Pause briefly, then lift back up. Switch sides and repeat.

## » Glute bridges

Lie on your back with knees bent, feet flat and shoulder-width apart, and close to your bum. With arms slightly out to the side, lift hips up so your body forms a straight line from your shoulders to your knees. Pause briefly, then lower.



## » Squat jumps

Perform a basic squat (see above). Then jump up explosively, driving through the heels. Land softly with the feet and return to the squat position to finish.

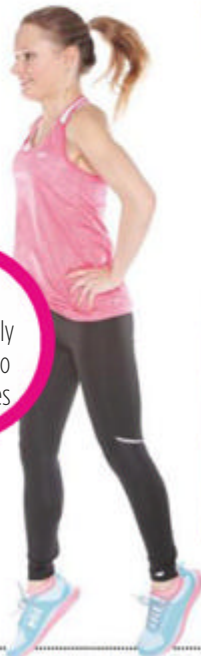


## » Jump lunges

Perform a regular lunge (see above). Engage your core and jump upwards, changing legs mid air, so your front leg goes back and your back leg comes forwards. Land softly in a lunge and repeat.

**TIP**

Land as gently as possible to protect knees



## » Side lunges

Stand with feet and knees together. Step your right foot out to the right, bending the knee, and lunge towards the floor. Keep your left leg straight and both feet pointing forwards. Push off through your right foot back to standing. Switch sides and repeat.



NOW WATCH OUR VIDEO



Get your squat technique spot on with Tom's masterclass on the Fit & Well YouTube channel



You can also watch the video and sign up to the challenge on our Facebook page. Like us at [facebook.com/fitandwellmagazine](https://www.facebook.com/fitandwellmagazine)

TURN OVER FOR THE CHALLENGE »



# 30 day challenge

## » HERE'S YOUR CHALLENGE CHART – GET TICKING!

### TIP

Use hand weights to tone arms while squatting



# 1



**TEST** See how many squats you can do in two minutes. Test again on Day 30 to see if you've improved

# 2



6 Squats  
6 Lunges on each leg  
6 Glute bridges

# 3



8 Squats  
8 Lunges on each leg  
8 Glute bridges

# 4



10 Squats  
10 Lunges on each leg  
10 Glute bridges

# 5



12 Squats  
12 Lunges on each leg  
12 Glute bridges

# 6



14 Squats  
14 Lunges on each leg  
14 Glute bridges

# 7



16 Squats  
16 Lunges on each leg  
16 Glute bridges

# 8



**REST DAY**

# 9



6 Squat jumps  
6 Bulgarian split squats on each leg  
6 Jump lunges

# 10



8 Squat jumps  
8 Bulgarian split squats on each leg  
8 Jump lunges

# 11



10 Squat jumps  
10 Bulgarian split squats on each leg  
10 Jump lunges

# 12



12 Squat jumps  
12 Bulgarian split squats on each leg  
12 Jump lunges

# 13



14 Squat jumps  
14 Bulgarian split squats on each leg  
14 Jump lunges

# 14



16 Squat jumps  
16 Bulgarian split squats on each leg  
16 Jump lunges

# 15



**REST DAY**

# 16



6 Squat jumps  
6 Jump lunges  
6 Squat jumps  
6 Jump lunges

# 17



8 Squat jumps  
8 Jump lunges  
8 Squat jumps  
8 Jump lunges

# 18



10 Squat jumps  
10 Jump lunges  
10 Squat jumps  
10 Jump lunges

# 19



12 Squat jumps  
12 Jump lunges  
12 Squat jumps  
12 Jump lunges

# 20



14 Squat jumps  
14 Jump lunges  
14 Squat jumps  
14 Jump lunges

# 21



16 Squat jumps  
16 Jumping lunges  
16 Squat jumps  
16 Jumping lunges

# 22



**REST DAY**

# 23



10 Squat jumps  
10 Jump lunges  
10 Star jumps  
10 Side lunges on each leg

# 24



12 Squat jumps  
12 Jump lunges  
12 Star jumps  
12 Side lunges on each leg

# 25



14 Squat jumps  
14 Jump lunges  
14 Star jumps  
14 Side lunges on each leg

# 26



16 Squat jumps  
16 Jump lunges  
16 Star jumps  
16 Side lunges on each leg

# 27



18 Squat jumps  
18 Jump lunges  
18 Star jumps  
18 Side lunges on each leg

# 28



20 Squat jumps  
20 Jump lunges  
20 Star jumps  
20 Side lunges on each leg

# 29



**REST DAY**

# 30



**RE-TEST DAY**  
See if you've improved on the number of squats you can perform in two minutes from Day 1.

### TIP

Always push out from the hips as you stand up



Words Natalia Lubomirski Photos iStock, Anne-Marie Bickerton. Top and trainers by Helly Hansen (hellyhansen.com/gb)



## GOATS' 122 calories per 200ml

**PROS** Similar nutritional value to cows' milk (see box below) and a natural source of calcium - unlike plant-based varieties. It's also low in cholesterol.

**CONS** Unsuitable for those who are lactose intolerant or have an allergy to cows' milk, as some proteins are similar.

**BEST FOR**  
A calcium boost



**BEST FOR**  
Post-workout drink

## SOYA 80 calories per 200ml

**PROS** Contains almost as much protein as cows' milk. As it's a protein, it can help increase muscle mass, as well as lower your cholesterol levels, keeping your heart healthy.

**CONS** The sweet soya flavour can be an acquired taste (especially if you're not a fan of tofu).

## COCONUT 56 calories per 200ml

**PROS** Highly nutritious, it contains infection-fighting vitamin C and bone-building minerals, such as phosphorus. Its high fibre content helps fill you up. Ideal for high-heat cooking methods like stir-frying.

**CONS** This creamy milk is high in fat - 24g per 100g, compared to 3.2g in whole milk - so consumption should be limited.

**BEST FOR**  
Using in cooking



# MILK

## What's the alternative?

With one in five Brits avoiding cows' milk due to intolerances, weight loss or ethical reasons, we look at what else is available

## RICE 94 calories per 200ml

**PROS** Light and sweet, it contains the least amount of fat. It's also ideal for those allergic to nuts and soy.

**CONS** A slightly higher calorie count compared to the others and much lower protein levels. Plus, it tends to be less purse-friendly.

**BEST FOR**  
Allergy sufferers



## ALMOND 48 calories per 200ml

**PROS** A sweet, nutty milk. Low in fat and the lowest option calorie-wise. Also a great source of vitamin E.

**CONS** Contains significantly less protein than cows' milk - 0.4g (compared to 3.4g) per 100g. Plus, it can split if heated, so enjoy cold with cereal or in smoothies.

**BEST FOR**  
Low-cal diets

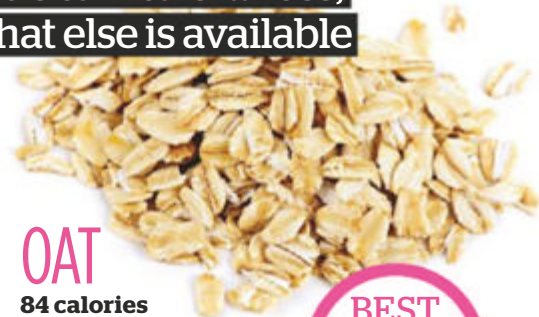


## OAT 84 calories per 200ml

**PROS** A good source of beta-glucan, which can cut cholesterol levels. Also low in saturated fat and it contains more fibre than cows' milk.

**CONS** Has higher sugar levels than other alternatives and contains gluten, so not suitable for those with an allergy.

**BEST FOR**  
Curbing cholesterol



## KEEPING COW ON THE MENU

**Dietitian Helen Bond tells us why she's still a dairy devotee**

'Non-dairy versions have become fashionable in the last few years, but I'm still a big advocate of cows' milk. It's one of the most nutrient-rich foods

out there in terms of vitamins, minerals and protein - full-fat milk contains essential fat-soluble vitamins, including A, D, E and K. Skimmed versions will help you cut down on calories and fat, in particular saturated fat, which can increase cholesterol levels.

There are several options if cows' milk doesn't agree with you, including lacto-free milk (where lactose is removed)

and A2 milk (where the sometimes troublesome A1 protein is stripped out).

If you do prefer plant-based dairy alternatives, ensure they're fortified with calcium and make sure you top up other essential nutrients that may also be absent, such as protein, so you don't miss out.'







Liz at her heaviest, 14st, with son Freddie



# 'I can't believe how **fit & strong** I've become'

After years of trying to lose weight, Liz Hawkins, 46, found a new fitness passion and hasn't looked back

**A**t school, I was never the skinny girl, but I had an athletic 5ft 7in, 10st figure and enjoyed sports. I was a member of the netball team and joined the football team at college. I also took part in circuit training.

**I've always had a big appetite,** having been brought up with three brothers, but my mum cooked wholesome meals every day so my weight was under control. That all changed in my early twenties. I spent a gap year in Paris and indulged in bread and pastries, and began drinking alcohol on nights out. I tried to keep active, but



the pounds crept on, filling out my face, bottom and thighs. By the time I returned home, I had hit 12st.

**It was the start of my 17-year roller-coaster relationship with my weight.** I tried every diet out there, including a week of fasting and colonic irrigation, where I lost a stone, but nothing seemed to keep the weight off long-term. Exercise was intermittent and in 2000 I stopped altogether when I was involved in a serious accident, injuring my foot.

**When I fell pregnant with my son in 2006, I allowed myself to eat what I wanted** and I ballooned to 17st. I lost weight after giving birth and breast-feeding, and had dropped to 14st by the time Freddie was a month old. But my weight loss stopped there. I hated the baggy clothes I wore to disguise my saggy belly, but I felt I didn't have time to look after myself.

**After seeing a photo of myself** on Freddie's third birthday, I was shocked at how big I'd become - I realised I needed to do something. I then found out about a free circuit training session at my local park. Every Saturday morning the instructor would get us running through puddles and jumping over logs and ditches - my passion for obstacle courses (and mud!) had been ignited.

**With weekly circuit workouts,** daily walks and by following a Slimming World calorie-controlled diet, I hit my target of 11st by the end of the year. I couldn't believe it when I went to buy a new pair of skinny jeans, and could fit into a size 12! It felt amazing.



Liz now feels healthy - and full of energy!

**But I wanted to push myself further, so I signed up to Pegasus Military Fitness.** Once a week, I went running along forest trails, up hills, over obstacles, such as walls and ditches, and took part in kickboxing exercises. I loved it.

**In 2013, other girls in the group signed up to the Nuclear Rush obstacle race.** I didn't feel confident enough to join them, but I made a vow to myself to double my training sessions, so that one day I could. In May 2014, I took part in my first obstacle course race.

**As I stood on the start line, I was shaking with nerves.** But as soon as I successfully tackled the first of 50 obstacles - a big water-filled ditch followed by a wall - I told myself: 'I can do this.' While running doesn't really appeal to me, tackling obstacles keeps my adrenaline pumping.

**Since then I've completed two more races.** I enjoyed them so much that, this year, I've signed up to do three, including team event Tough Mudder.

## LIZ'S WEIGHT LOSS

Before	After	Loss
<b>Weight</b>		
14st	11st	3st
<b>Dress size</b>		
18	12	3 sizes

I love the camaraderie of the race. Everyone pulling together and helping each other overcome the obstacles really motivates you to get through the gruelling 12-mile course.

**I can't believe how fit and strong I've become.** At 11st and a size 12, I feel healthy and full of energy, which is the most important thing for me. And, for once, I've lost the weight and I'm keeping it off.

» Liz lives in Essex with her partner, Chris, and son, Freddie, seven.



In training for the 12-mile Tough Mudder

## ON YOUR MARKS, GET SET, GO!

### WHERE CAN YOU DO IT?

Obstacle courses are springing up all over the country, from Stirlingshire to south London. Tough it out at Tough Mudder (toughmudder.co.uk), Nuclear Races (nuclear-races.co.uk), Pegasus Military Races (pegasusmilitaryfitness.com), The British Military Fitness Major Series (majorseries.com) and

Pretty Muddy (raceforlife.cancerresearchuk.org).

### WHAT TO EXPECT?

The courses, which range from three- to 12-miles long, test your strength, stamina, teamwork and mental grit as you face monkey bars, climbing walls, water tunnels, trenches, vanishing bridges and even rings of fire. Expect to get wet and very muddy!

### WHERE CAN YOU TRAIN?

Bootcamp and obstacle course training sessions are available throughout the UK. To get started, you can check out a British Military Fitness bootcamp. Visit britmillfit.com

### CAN ANYONE TAKE PART?

Yes. But if you're an exercise newbie, ease your way in

with Race For Life's Pretty Muddy 5K course. You can walk, jog or run it.

### WHAT ARE THE HEALTH BENEFITS?

You'll use every muscle in your body, from your triceps to your tibialis (they're on your shins!). Plus, you'll burn more than 300 calories an hour and use your brain to work out how to tackle the obstacles.



# SUPERFOOD for your skin!

Boost your skin and hair health with these delicious buys - all for under a tenner!

## Sea buckthorn

**Weleda Sea Buckthorn Creamy Body Wash, £7.95**

Up the anti-ageing power of your morning shower with this body wash. Sea buckthorn's coral-coloured berries contain a cocktail of antioxidants, while the seed oil is rich in essential fatty acids for intense firming and skin moisturising benefits.



## Pomegranate

**Bourjois Healthy Mix Serum Gel Foundation, £9.99**

Pomegranate seeds are a great source of ellagic acid, an antioxidant that helps to plump skin and improve blood flow. Consider this radiance-boosting foundation the beauty equivalent of an espresso for a dull, tired complexion.



## Blueberries

**Yes to Blueberries Cleansing Facial Wipes, £3.99**

A gym bag must-have! Blueberries are rich in vitamin C, which studies show brightens the skin, and antioxidant flavones to help skin cells stay healthy and youthful for longer.



## Tomatoes

**Yes To Tomatoes Daily Clarifying Cleanser, £6.99**

Tomatoes contain an antioxidant called lycopene, a powerful anti-inflammatory that helps protect skin from blemishes, making this refreshing cleanser a good choice for spot-prone skin.



## Grapes

**Superdrug Optimum Super Antioxidant Grape Eye Cream, £9.99**

Treat the dry, delicate skin under your eyes to hydrating grape seed oil. Apply by gently tapping from the inner to the outer corner of your eye using your ring finger.



## Acai berry

**Good Things Acai Berry Multi-Tasking Micellar Water, £4.49**

Sweep this gentle, yet effective, make-up remover and cleanser over your face and neck, and let the berry's antioxidants protect and soothe skin.





## Papaya

**Dr PawPaw Tinted Ultimate Red Balm, £6.95** A good source of vitamin A and healing papain, papaya helps to remove dead skin cells, as well as being deeply hydrating. This pink-tinted balm is our new handbag essential – use on lips and cheeks for a ‘I just got back from holiday’ glow.

## Manuka honey

**Good Things Manuka Honey Radiance Face Mask, £5.99**

Ideal for sensitive skins, this super honey is a brilliant anti-inflammatory. Take your time to massage a thick layer onto your face while in the bath, then lie back and relax, and rinse after 10 minutes.

## Goji berries

**Soap & Glory For Daily Youth Face Wash, £9**

The high antioxidant content of these super berries is excellent for fighting the withering effects of free radicals generated by UV rays and pollution. Goji berries, together with circulation-boosting caffeine in this cleanser, help to re-energise skin and remove toxins.

## Turmeric

**Urban Veda Reviving Exfoliating Facial Polish, £8.99** Turmeric is not only a great exfoliator, it also effectively treats acne due to its antibacterial properties. Apply twice a week, using small circular movements. Start at the chin and work upwards to buff away dry skin cells, which can clog pores.

## Avocado

**Lush Avobath Bomb, £3.95**

Turbo-charge your soak in the tub with this bath bomb. It's made up of mashed avocado, a great source of healthy fats, and olive oil to nourish dry and dehydrated skin.

## HELP FOR YOUR HAIR

## Macadamia nuts

**OGX Hydrating Macadamia Oil Conditioner, £6.99**

Heat damage + dryness = frizz. Tame unruly strands with macadamia nut oil, as it's rich in hydrating oleic acid, which coats the hair shaft to leave it smooth and replenished.

## Coconut

**The Body Shop Coconut Oil Hair Shine, £5.50** Coconut oil penetrates hair, helping to improve the strength of each strand. Add a little of this gorgeous smelling balm to fingertips and use to smooth flyaways.



20% OFF AT HEATHCOTE & IVORY

STILL  
JUST  
£2.99!

# Essentials

APRIL 2015

# 13

## STEPS TO HAPPY HEALTHY HAIR!

*Starting right now*

EASTER  
MADE EASY!  
41 GENIUS IDEAS



*The one-hour roast*



*Craft it with the kids*



## KATIE PIPER

'My wedding feels like  
the ultimate high'

WIN  
£1,000  
MAKE-OVER  
& SHOPPING  
SPREE

## SPEEDY CHEATS

- \* Fake a clean house
- \* Budget garden tricks
- \* 15-minute midweek meals

What does

# 40

look like today?



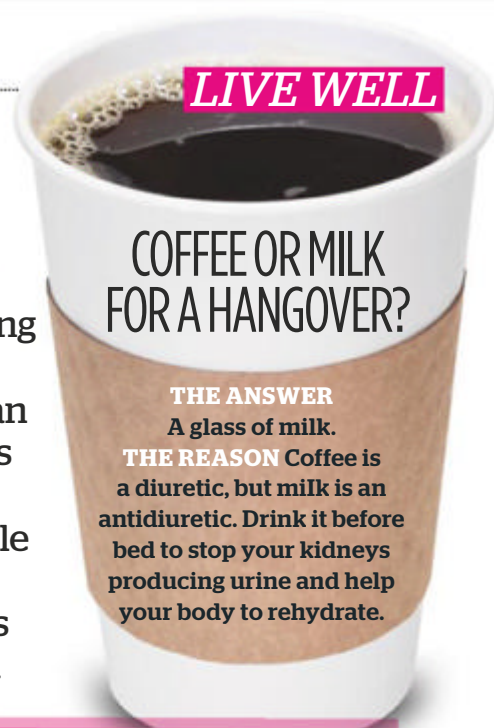
## APRIL ISSUE ON SALE 5 MARCH





## HEAVIER WEIGHTS OR MORE REPS?

**The answer** Reps.  
**The reason** Increasing the number of reps is more effective than using bigger weights for body toning. When the last couple of reps in your routine feel easy, it's time to up the ante.



**LIVE WELL**

## COFFEE OR MILK FOR A HANGOVER?

**THE ANSWER**

A glass of milk.

**THE REASON** Coffee is a diuretic, but milk is an antidiuretic. Drink it before bed to stop your kidneys producing urine and help your body to rehydrate.

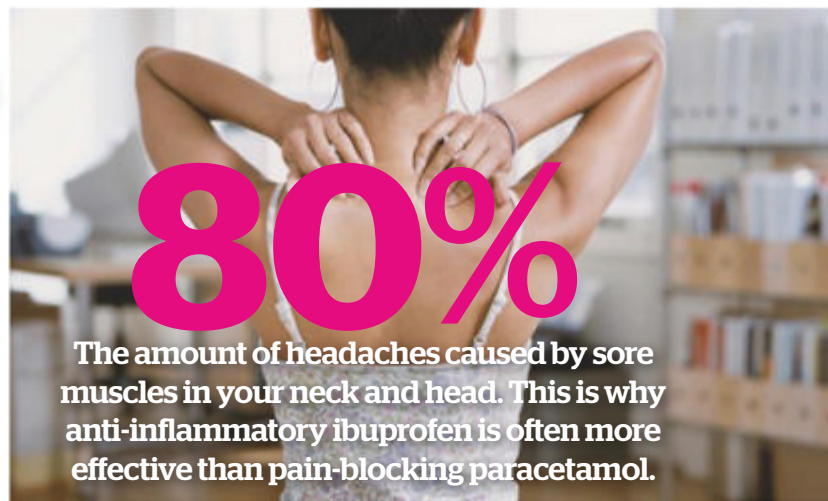
# What's *better*?

We give you the knowledge to make the right decisions - fast!

## Flats or heels?

**THE ANSWER** HEELS

**THE REASON** Podiatrists say that ballet pumps can cause corns, collapsed arches and even ingrown toenails. So, heels come out on top, but only if they're one to two inches high. (If you are a pump fan, slip in a pair of insoles to help support your feet.)



# 80%

The amount of headaches caused by sore muscles in your neck and head. This is why anti-inflammatory ibuprofen is often more effective than pain-blocking paracetamol.

## WHAT'S BEST FOR ENERGY?

Iron is a key energy-boosting nutrient and too many of us don't get enough. The average woman needs 14.8mg a day of iron\*, so make sure you're getting enough with our simple guide.

Tofu 5.4mg 	Spinach 2.7mg 	Beef 2.6mg 	Brazil nuts 2.4mg 
Baked beans 2mg 	Kale 1.5mg 	Chicken 1.2mg 	Broccoli 0.7mg 

## SOAP OR HANDWASH?

**The answer** Good old-fashioned soap.

**The reason** Experts say antibacterial washes are no better at cleaning hands and may even encourage superbugs. So stick to soap. It's better value, too.





# Get a flat tummy

## lose 7lb

When one woman invented her own diet, she banished her belly bulge - now you can too!



**KATE ADAMS** spent years publishing diet books, but when she realised none of them

helped her beat her own battle against belly bulge, she came up with this diet plan - and lost 2st! She then launched her Flat Tummy Club website, and wrote a book, so she could share her experiences and help others

lose weight. Four years on, she's kept the weight off and has thousands of flat-tummed fans! Want to give it a go? Try her seven-day kick-start this week...



» **From Flat Tummy Club Diet (£7.99, Hodder & Stoughton).**  
» **Visit** [flattummyclub.co.uk](http://flattummyclub.co.uk)

## THE 7-DAY JUMP START

Use the principles of the diet to build your own personalised plan. Meals are suggestions that can be changed to suit you - there are no hard and fast rules.

Be sure to squeeze in 30 minutes of exercise a day, whether it's a brisk walk or a Pilates class, and start a food diary to keep track of what you're eating.

## WHAT TO EAT...

- » **A healthy breakfast** Try porridge with honey or fruit compote.
- » **Healthy snacks** mid-morning and at teatime.
- » **Steer clear of bread** and have a big soup or a salad for lunch.
- » **At least five portions** of

fruit and vegetables a day.

- » **Beans and pulses** in at least three of your meals this week, to help your body get rid of excess water and aid your digestion.



## WHAT NOT TO EAT...

- » **Sugar** It goes straight to your tummy, so steer clear and you'll soon see results. Replace sugary sweets with fruit or a couple of pieces of dark chocolate (at least 70%

cocoa content) to ease your cravings.

- » **Salt** Don't add it to food, as it tends to absorb excess water - and you're trying to flush out water.

- » **Potatoes** Swap for another vegetable you like, preferably a green one, such as broccoli.





## BLOAT-BEATING BREAKFASTS

- » Porridge made with 40g oats and 150ml semi-skimmed milk (the rest water), 1tbsp honey and prunes.
- » 40g sugar-free muesli with about 150ml semi-skimmed milk.
- » Scrambled or poached eggs with grilled mushrooms and tomatoes.
- » Sliced pear and banana with a squeeze of lemon or lime juice and a small pot of natural yogurt.

## LASTING LUNCHES

- » Smoked salmon, avocado, grilled chicken and large salad.
- » Big bowl of broccoli and Stilton soup.
- » 150g chicken with roast vegetables and quinoa.
- » ½ can tuna steak in spring water (drained), green leaves, tomatoes, green beans and a hard-boiled egg.



## 5 TOP TUMMY-FLATTENING FOODS

- 1 OLIVE OIL** As a monounsaturated fatty acid (MUFA), this can help you maintain a lower weight. Use as a replacement for saturated and trans fats, but always in small amounts.
- 2 LEMON PECTIN**, found in lemon peel, is a good source of fibre that helps you feel full and keeps your blood sugar levels balanced. Try to add the juice, zest and peel to meals.
- 3 CINNAMON** This warming spice stimulates digestion and helps keep your blood sugar in balance. Add to stews and baked fruit.
- 4 NATURAL YOGURT** Full of lactobacillus, the bacteria that helps improve the way your digestive system absorbs nutrients. Buy plain live yogurt and add honey or fruit to taste.
- 5 GREEN TEA** Mildly diuretic, so this healthy brew helps the body get rid of excess water. It's also been shown to help regulate blood sugar levels, which can, in turn, reduce sweet cravings. Enjoy with a square of rich dark chocolate.



## DIET-FRIENDLY DINNER IDEAS

### MEDITERRANEAN ROASTED FISH

Serves 2

- 1** Heat the oven to 200C, gas 6. Rinse and pat dry 2 whole bream, sea bass or mullet and lay flat in a baking dish.
- 2** Drizzle a little olive oil over the fish and squeeze over the juice of 1 lemon. Chop up the remains of the lemon and lay around the fish with 6 bay leaves. Season to taste.
- 3** Cook in the oven for 20 mins. Test to see if the flesh comes away from the bone easily - if not, put back in for a few more mins.



- 4** Serve with more lemon and steamed vegetables.
- » Per serving: 393 cals, 20g fat

### CHICKPEA CURRY

Serves 2

- 1** Gently soften 1 chopped onion in 1tbsp olive oil for 5 mins before adding ½tsp garam masala and ½tsp ground ginger.
  - 2** Add 1 deseeded and chopped chilli, 400g can tomatoes, 400g can chickpeas and 2tbsp coconut cream. Add a little water and simmer for about 30 mins.
  - 3** Serve with a dollop of plain Greek yogurt and eat either on its own or with a small portion of couscous or brown rice.
- » Per serving: 302 cals, 15g fat



### SPICY CHICKEN, FENNEL & TOMATO

Serves 2

- 1** Season 2 large skinless chicken thighs. Heat 2tbsp groundnut or vegetable oil in a pan and sauté the chicken until browned.
- 2** Open 2 cardamom pods and release the seeds. Crush the seeds and mix with ½tsp each of ground cumin, turmeric and chilli powder, ½tsp mustard and a drizzle of groundnut oil. Create space in the pan, cook the paste for 1 min or so, then mix to coat the chicken.
- 3** Add a large sliced fennel bulb and sauté for a couple of mins. Add 50-75ml vegetable stock and then leave to simmer for 5 mins.



- 4** Add 400g passata to the pan and bring to a low simmer. Cook until the fennel has softened and the chicken is cooked all the way through.
- » Per serving: 413 cals, 20g fat



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# SWAP THIS *for that...* Sandwiches

No time to make your own? Just choose healthier ready-made options...

BOOTS



**SWAP**  
Delicious Roast Chicken  
& Bacon Sandwich  
484 cal

**SAVE**  
196 cal



**FOR**  
Shapers Moroccan  
Chicken Flatbread  
288 cal

STARBUCKS



**SWAP**  
Bella Mozzarella  
Panini  
510 cal

**SAVE**  
132 cal



**FOR**  
Cheese &  
Marmite Panini  
378 cal

GREGGS



**SWAP**  
Mexican Chicken  
Baguette  
638 cal

**SAVE**  
225 cal



**FOR**  
Mexican Chicken  
Oval Bite  
413 cal

WAITROSE



**SWAP**  
Good To Go Southern  
Fried Chicken Wrap  
594 cal

**SAVE**  
216 cal



**FOR**  
Good To Go Hoisin  
Duck Wrap  
378 cal

M&S



**SWAP**  
Salmon & Cream  
Cheese Sandwich  
475 cal

**SAVE**  
89 cal



**FOR**  
Salmon, Cucumber &  
Watercress Sandwich  
386 cal

COSTA



**SWAP**  
Chicken &  
Bacon Toastie  
484 cal

**SAVE**  
176 cal



**FOR**  
Bacon Roll  
308 cal



# STEP UP

## your gym routine!

Got a gym membership, but scared of the equipment? Pounding the treadmill, but not sure you're doing it right? Here's how to make the most of those machines...

### GET THE BIKE RIGHT

#### 1 SET UP PROPERLY

Make sure the saddle is level with your hips so your legs can extend fully in the pedals (without being overstretched). If in doubt, ask an instructor.

#### 2 START EASY

If you're new to the bike, start on a low resistance - but shift it up a gear when it gets too easy.



#### YOUR MUST-HAVE

The Cyclometer GPS app (iPhone, free) stores all your workout data, so you can follow your progress and compete against your old times to motivate yourself.



#### 3 KEEP YOUR CHIN UP

Yes, Tour de France racers lean low over the bars, but, in general, a solid, upright posture, with your head up and a strong core, will make it much easier to breathe properly, and will prevent back injuries.

#### 4 WATCH THE RPM

That's revolutions per minute, shown on the screen on the bike. For a good workout, keep between 70 and 90 RPM. If you can't manage it, your resistance settings are too high - if you're going over,

you need to make it harder by putting the resistance up. It's best to vary your resistance settings during your workout, as this will make it more challenging for your muscles - and more interesting.

#### 5 GO HIGH SPEED!

Try going all out, as fast as you can, at the highest resistance you can manage for 30 seconds, then rest for a minute. Repeat several times or until you feel tired. If you have a heart rate monitor, it can help with interval training by showing exactly when you're working at the highest intensity.

» **SMART TIP** A spinning class is a great way to build fitness and help you work harder on the bike.





## TOP TREADMILL TRICKS

### 1 GET YOUR GAIT RIGHT

For efficient running and less jarring of your joints, land on your heels and go forward onto your toes, rather than putting all the weight on the front of your feet. The right shoes will help. Ideally, visit a running shop, where staff can analyse your gait before recommending the most suitable footwear. For example, lots of people overpronate while running – this means the foot rolls inwards and it can put extra pressure on your knee and hip joints.

### 2 LET GO OF THE HANDRAILS!

If you're new to the treadmill, it's better to start slowly, letting your arms swing, rather than clinging on because you're trying to go too fast. If you hold the rails, your body isn't working as hard as it could be. Walk, building up pace, until you feel confident enough to run.

### 3 CLIMB THE HILLS

Upping the incline on a treadmill will make your workout more realistic, reflecting outdoor conditions. Use the inbuilt

software to tackle a pre-set hills programme.

### 4 REV IT UP

Interval training will make your workout more effective and burn more calories. For example, try 20 seconds of sprints, followed by 40 seconds of walking.

### 5 SLOW DOWN

Before you finish, take three to five minutes to walk. This will allow your blood pressure and heart rate to return to resting levels, and

### YOUR MUST-HAVE

An iPod – running can be monotonous, so a killer playlist is essential. The iPod Nano (£129) comes with the Nike+ running app to help you track your sessions.



will help reduce post-exercise muscle pain.

» **SMART TIP** Clip the emergency pull cord to your clothing. This will cut the power if you get too close to the back of the treadmill, helping you avoid a tumble (and possibly a comedy appearance on YouTube!).



# Find your style, shop the look



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FIND STYLE IDEAS



SHOP THE LOOK



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## GET CROSS TRAINER CLEVER

## 1 GO FEET FIRST

As a beginner, focus on using the foot pedals. Place your feet on the footplates and keep them in position throughout - don't allow them to move around or you may lose your balance. Allow the heel to rise on each stride for a comfortable, natural movement. When you're used to the rhythm and feel more confident, you can progress to using the dynamic handles to give your upper body a workout.

workout more interesting and challenging. Or use interval training principles to really rev things up - work as hard as you can for 30 seconds, then slow down for the next minute before speeding up again. Repeat three times, or until you're tired.

## 4 TRY IT BACKWARDS

Once you've mastered going forwards, use the cross trainer to go backwards, too - this engages the muscles in your thighs and hips, working out a different part of your body.

## 2 USE IT TO WARM UP

The cross trainer is the ideal warm-up machine because it works both your upper and lower body. If you're using it before moving onto weights, for example, try five minutes at a moderate intensity, or until you feel thoroughly warmed up.

## 5 LEAD WITH YOUR ARMS

Try putting the majority of the effort into working with your arms, pushing hard and letting your legs take a supporting role. This will also work your chest, back and shoulders.

» **SMART TIP** Always wear a good sports bra. Although it doesn't have the same impact as running, the cross trainer involves a lot of up and down movements and you'll be thankful for the support!

## YOUR MUST-HAVE

It's easy to get earphones tangled when working arms, so go wireless. Try the RunPhones Classic (£29.99), which are concealed in a sweat-wicking headband.



## 3 MIX IT UP

Combining different speeds and resistance will make your

## HOW TO ROW RIGHT

## 1 START RIGHT

Adjust the footplate so that the strapping goes across the widest part of your foot. Begin on the lowest resistance setting to help you get used to the movement.

## 2 CHECK YOUR POSTURE

Sit upright, looking ahead, with shoulders low to avoid injuring your back. Keep arms by your sides with the elbows tucked in for the most efficient stroke. And when you pull the handle into your body, aim for your mid-abdominals rather than your chest.

## 3 WORK THOSE LEGS

Remember that rowing is primarily a lower-body exercise, so you should be pushing with your legs. Your arms and back only need to help towards the end of the pulling movement.

## 4 STAY HYDRATED

This machine is one of the tougher ones. You'll break a sweat, so keep water to hand so you can drink without having to interrupt your rowing flow.

## 5 GET RACING

Many machines have software that allows you to race against an imaginary opponent, which is motivating and makes it

## YOUR MUST-HAVE

The RowActiv app (iPhone and Android, free) has videos to instruct on the right technique, audio guides for workouts, plus you can log all your rows.



more fun. The standard distance for indoor rowing competitions is 2,000m, so you could try to make that your ultimate goal!

» **SMART TIP** Avoid loose-fitting clothing that can get caught under the seat.





# The GOOD portion guide

It's easy to overeat, but get smart with your serving sizes and you'll lose those extra pounds for good

**W**e're all guilty of having eyes bigger than our bellies, but watching your serving sizes could make all the difference to how well you fit into your bikini this summer. 'Even a small reduction in portion sizes eaten (as well as the type of foods chosen) would make a noticeable difference to your weight,' says registered nutritionist Rob Hobson (rhnutrition.co.uk). So what's the best way to stop over-piling your plate? 'Measuring servings can help you understand what a typical portion should look like,' says Rob. 'Making comparisons to non-food items is also useful.' Here, we've done it for you...

## Chopped veg



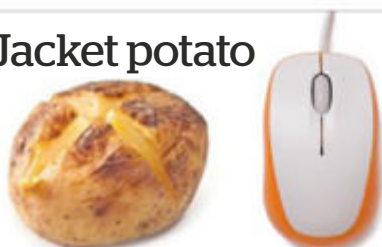
120 cals = a fist or 80g

## Cereal



180 cals = three tablespoons or 50g

## Jacket potato



220 cals = computer mouse or 165g

## Cheese



120 cals = a matchbox or 30g

## Meat



150 cals = a deck of cards or 100g

## Pancake



130 cals = a CD or 60g

## Chicken salad



120 cals = a tennis ball or 80g

## Dried pasta



250 cals = a standard teacup or 50g

## Dried rice



260 cals = a fairy cake case or 75g

## Get your size right...

- 1 ALWAYS EAT** from a small plate or bowl (around 10 inches is a good guide).
- 2 SERVE FOOD UP IN THE KITCHEN** rather than from a dish in the centre of the table, so you avoid the temptation for second helpings.
- 3 DIVIDE FOODS** like cereal or pasta into portion bags when you buy them, so you won't be inclined to pour out too much from the packet.



# EVERY GIRL NEEDS HER running buddies!

Newbie runner Emma Robertson is training for the London Marathon. This month she finds a helping hand...

‘Turns out training is easier with someone else’

**S**o, I've buddied up with two girls in the office - one is doing the London Marathon too and the other did the 10k London Winter Run with me.

Both are far and above stronger and more natural runners than I am. In fact, when I run with them I can't help but feel like I'm holding them up. But in reality they're both really sweet and supportive - they definitely spur me on.

I like training with other people, but I just have to try and remain positive. 'It's OK, at least you're trying,' is what I tell myself as I see them disappear away from me into the distance...

## My goals for next month

- ☒ Go all guns on my fundraising. To donate, go to [ukvirginmoneygiving.com/EmmaRobertson](http://ukvirginmoneygiving.com/EmmaRobertson)
- ☒ Work out the best underwear for long runs



## My month in numbers

- » 5 comments on looking slimmer
- » £42 spent on running gear
- » 6am is the earliest I've got up to train

## Knickers or not?

I'm currently reading *Running Like A Girl* by Alexandra Heminsley. She's been there and done it when it comes to running. 'I no longer wear knickers,' she states, when it came to the issue of chaffing vs VPL. So on my icy Saturday morning long run I followed her lead. It was all good with nothing to report until I was about 45 minutes in. Suddenly, my



## A short-lived victory?

I've decided to do my long runs on a Saturday morning - I'd rather get them out of the way and I don't want to start dreading Sundays. I also like going to running club, which is on a Sunday morning. When I completed my first 60-minute run I could've rung everyone I know to tell them, such was the feeling of achievement. But it's short-lived because the following weekend it's 75 minutes and the week after that 90 and so on.

downstairs felt like it'd just been stuck in the freezer! I think I might be a knickers girl after all...

## It's taking over my life

When I started this I thought I'd still be able to live my life. Wrong. I worry that if I drink too much or have a late-night curry I won't be able to train the next day. Where did I get such self-control?

## Emma's video diary



To see Emma's regular marathon vlog, like us on Facebook at [Facebook.com/fitandwellmagazine](https://www.facebook.com/fitandwellmagazine)





# NEVER get sick again!

Often feel rundown and prone to colds and viruses?  
We've got the best ways to beat off bugs for good...

## GET MOVING

**WHY?** People who exercise at least five days a week cut their chances of getting a cold by nearly 50%, research has found. And half an hour of moderate aerobic exercise a day doubles the body's response to the flu vaccine.

**TAKE ACTION** Halve your risk of catching a cold by going for a jog, cycle, swim or brisk walk for at least

30 minutes a day. But don't over-exercise, as it can increase your risk of illness.

## LIMIT STRESS

**WHY?** Stress weakens your immunity. 'Though you can't control what happens in life, you can manage your response to it,' says stress expert Dr Cary Cooper.

**TAKE ACTION** Try meditation. Studies show

it helps produce flu-fighting antibodies (see p25 for apps to help). For a quick fix, put a few drops of calming lavender oil on a hanky and inhale for five minutes.

## CUT DOWN ON CALORIES

**WHY?** Even slightly overweight people who cut their calorie intake by 10% end up with more efficient bug-busting T-cells, according to research, possibly because any extra weight can suppress the immune system.





**TAKE ACTION** Avoid saturated fats, sugar and alcohol, and up your fruit and veg quota. Try swapping your morning latte for green tea - you'll save calories and get immune-boosting antioxidants.

## LIFT SOME WEIGHTS

**WHY?** Pumping iron won't just give you arms worthy of Jennifer, it also releases the human growth hormone, which rejuvenates the body and fortifies your immune system, explains Gene Stone, author of *The Secrets Of People Who Never Get Sick* (£8.99, Workman).

**TAKE ACTION** Intimidated by the muscle men in your local gym? Try a body pump class using weights in routines set to music. Available nationwide, visit [lesmills.com](http://lesmills.com)

## HAVE MORE SEX

**WHY?** Bedroom action protects against colds and flu. In fact, those who have sex at least once a week make 30% more virus-fighting antibodies than those who don't, research has found. It also reduces your risk of depression and could halve your chances of heart attack or stroke.

**TAKE ACTION** Time to get romantic! But if you're not in the mood, settle for a hug instead. Make it last for at least 20 seconds to cut stress levels.

## TAKE A NAP

**WHY?** Like stress, lack of sleep is linked to poor immune function, making those bugs more likely to take hold. If you're not getting enough shut-eye, try topping up your sleep deficit with a nap. Not only will it improve your health, it also makes you smarter, says US research.

**TAKE ACTION** Sara Mednick, author of *Take A Nap! Change Your Life* (£8.99, Workman), suggests napping between 1pm and 3pm, and for no longer than 15 minutes. That way, you avoid waking up feeling groggy.

## DID YOU KNOW?

The average adult will get two to three colds a year, with women getting more than men. Children will get around seven to 10.



## THE TOP STAY-WELL SUPPLEMENTS

### ECHINACEA

Studies have shown it cuts the risk of catching a cold and the length of one if you do succumb. Try A Vogel Echinaforce Echinacea Drops, £13.49, Boots.



### PROBIOTICS

Not just good for your tum, probiotics can also increase levels of immune-powering T-cells, so you're less likely to catch a bug. Try Yakult, £2.75 for seven, Tesco.



### ZINC

Can help fight infection by strengthening the immune system. At the first sign of a cold, take Maximum Strength Zinc Tablets, £8.29 for 100, Holland & Barrett.



### VITAMIN C

According to studies, this is best taken as soon as you start feeling rundown, as it's not as effective once a cold has taken hold. We like Emergen-C, £13.99, Boots.



### ELDERBERRY

It's been found to decrease the length and severity of flu, so why not give it a go? Try Sambucol Extra Defence, £11.99 for 120ml, Holland & Barrett.



### GARLIC

Not only does it stimulate immune cells into action, it kills off pathogens, which can cause illness. Not keen? Try Sainsbury's Odourless Garlic Capsules, £1.80 for 90.



## HOW THE EXPERTS... stay flu free



'I take the remedy *Eupatorium perfoliatum*.'  
**Susanne Haar**,  
Nelsons  
Homeopath



'I go for a brisk walk every morning for 30 minutes.'  
**Sammy Margo**,  
physiotherapist



'I grate ginger in a mug of warm water - it always works.'  
**Julie Silver**, nutritionist  
([juliesilver.co.uk](http://juliesilver.co.uk))



'I use antimicrobial spray on every surface and handle.'  
**Dr Lisa Ackerley**,  
MD of Hygiene  
Audit Systems





# STAR

## slimdown secrets

One of the best things about Twitter and Instagram is the chance to spy on what slim celebs eat and really get up to...

### Kelly Brook

#### Try The Atkins Diet

Since starting on the newest version of the low-carb diet plan, Kelly has lost three inches from her waist and has tweeted a selection of her favourite low-carb meals - including this shepherd's pie with a clever twist - a cauliflower mash topping.



iamkb

Shepard's Pie with Lamb and Cauliflower Mash on Top #lowcarb #lowsugar #MyAtkins 🍷



@Amanda\_Holden Nothing better than eating home grown! #mandyalloiment



### Amanda Holden

#### Grow your own veg

As the *BGT* judge knows only too well, having an allotment is a double-bonus health boost. For starters, all that digging is great exercise, but those who grow their own veg are also more likely to eat a higher number of portions of fruit and veg a day. So mum-of-two Amanda is making her whole family healthier.



## Fern Britton

### Set yourself a challenge

Fern Britton doesn't need to worry if she indulges from time to time - not when she's cycling 1,000 miles in May! The presenter, 57, is cycling from John O'Groats to Land's End in aid of Genesis Research Trust. Fern loves the camaraderie on the rides and the effect on her body. 'I love looking at the firmness in the mirror,' she says.



FernBritton @Fern\_Britton Good morning! Tanzania amazing! Wonderful people too. Cycling well and all girls safe. 80 km to do today....

## Denise Welch

### Get support

Denise lost over 2st ahead of her June 2013 wedding to Lincoln Townley by following the LighterLife diet. But unlike many dieters, she's managed to keep the weight off. As well as discovering the joys of exercise and using LighterLife meal replacements two days a week to maintain her weight loss, she still regularly attends her local LighterLife group and credits the support she receives with helping her stay on the straight and narrow.



Denise Welch @RealDeniseWelch Just a little thank you to @lighterlife @LLBramhallHyde & @LighterLifeFast for keeping me on track!! x

## Melanie Sykes



### Have two eggs for breakfast!

Adults who eat two eggs for breakfast are 65% more likely to lose weight, so it's no wonder gym bunny Mel regularly tweets pics of her healthy egg brekkie.



@MsMelanieSykes Breakie today- 2 eggs, 60 g smoked salmon, 80g spinach & 80g cherry tomatoes x training with @ChrisPT\_ON need fuel 🍌

## Carol Vorderman

### Get juicing!

Carol Vorderman has always been a fan of the quick-fix detox and these days she turns to juicing. She recently tweeted these inspiring pics from Juice Master Jason Vale's Portugal juicing boot camp.

@carolvorders Been hiking, kick boxing, circuits, getting sweaty, massages, hot tubs... Bliss. @juicemaster Juicy Oasis x



Victoria Beckham @shapewithangela @soulcycle U inspire me! wake up Hollywood!!



## Victoria Beckham

### Work out as a family

It isn't just Mrs Beckham who's a fan of LA spinning class SoulCycle. She's often seen attending classes with hubby David and son Brooklyn. Victoria likes to work out first thing in the morning to rev up her metabolism.





# What's your EMOTIONAL eating style?

We all know we should eat healthily, but willpower can be hard to find. Dietitian Jo Travers says the key is to find your natural attitude to food

**E**ver feel like your eating habits are out of control? Don't worry, says our food expert and registered dietitian Jo Travers ([thelondonnutritionist.co.uk](http://thelondonnutritionist.co.uk)). 'Once you understand why it is you're not in control, it's like a light has suddenly switched on and the power to get yourself to a healthier weight is back with you.' So what kind of eater are you? And what weight loss plan will suit you best? Let's find out...



## TRY OUR QUIZ

- 1** Do you eat regular meals?  
**a** No, I frequently skip meals.  
**b** I never miss a meal - ever!  
**c** Yes, but I have lots of extras when I'm having a bad day.  
**d** No, I tend to just eat when I can.

- 2** What kind of snacker are you?  
**a** Pretty much every time I go into the kitchen I have to get a snack.  
**b** I'm an impulse snacker - and my snacking can turn into a binge.  
**c** I'm either avoiding snacks altogether or eating a whole packet of Jaffa Cakes in one go.  
**d** I don't do snacks.

- 3** How do you tend to feel after eating your evening meal?  
**a** Stuffed. Ate too much, again.  
**b** Annoyed with myself, because I can't stop eating foods I know aren't any good for me.  
**c** So full, I feel sleepy. But I starved myself all day, so it's OK, right?  
**d** I don't really notice. I usually eat dinner while watching TV.

- 4** Which of these best describes your attitude towards food?  
**a** It's my enemy. I'm always on a diet, but I can't seem to lose any weight.  
**b** Like I've never quite had enough of it - even though I know I have.  
**c** Few things make me happier in life than a good meal.  
**d** I hate the way food can control me sometimes.

- 5** What are your main priorities when it comes to your diet?  
**a** Lose weight at all costs.  
**b** To stop sabotaging my mainly balanced diet by eating unhealthy snacks.  
**c** Not to get bored - I'm always trying out new recipes.  
**d** No more shameful binges.

- 6** When you go on a diet, what tends to scupper your good intentions?  
**a** I need treats when I'm anxious, tired or stressed.  
**b** I'm hungry all day, then I overeat when I get home.  
**c** I find it difficult to eat a meal that I know would taste better with cream or butter in it.  
**d** Being too busy to keep my eye on the ball.

## SCORES

- |   |   |
|---|---|
| <b>1</b> a. EF    b. HE    c. EE    d. CC | <b>4</b> a. EF    b. CC    c. HE    d. EE |
| <b>2</b> a. CC    b. EE    c. HE    d. EF | <b>5</b> a. EF    b. CC    c. HE    d. EE |
| <b>3</b> a. HE    b. EE    c. EF    d. CC | <b>6</b> a. EE    b. EF    c. HE    d. CC |

The letter combo you have most of reveals your eating style

## NOW DISCOVER HOW YOUR EATING STYLE CAN HELP YOU

### EE You're an Emotional Eater

You try to eat healthily, but binge on treats when stressed, emotional or tired. 'You find food comforting while you are preparing and eating it, and it distracts you from your problems,' says Jo. 'But afterwards you feel worse because you've let it get out of control and this becomes a trigger in itself.' It can be a vicious circle - you feel bad that you can't lose weight, then lose control of your eating and hate the way your body looks, get upset and go through the cycle again.

#### YOUR NEXT STEP

Diet clubs such as Weight Watchers and Slimming World provide a support network that will help you. 'Once you see your weight loss and get a compliment, you'll feel better and in control, and it becomes a positive cycle,' explains Jo.

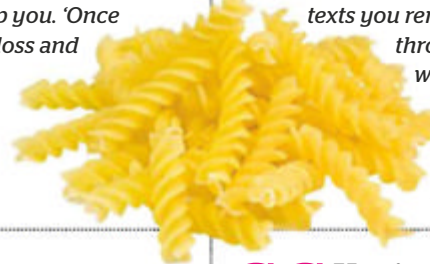
### EF You're an Evening Feaster

You feel that being hungry is an achievement and often go all day without eating, either because you're too busy or you're trying to lose weight. But this means you then end up consuming 50% of your calories at the end of the day. 'By the evening your body craves energy-rich carbohydrates, such as a huge plate of pasta,' says Jo. 'It then immediately stores the extra energy in your fat cells, as it's often deprived of energy. This is why you don't lose weight.'

#### YOUR NEXT STEP

Start eating regularly. The Nordic Diet Coach app ([nordicdietcoach.com](http://nordicdietcoach.com))

sends you reminders to eat throughout the day, with a focus on a healthy balance of protein, carbs and vegetables - so no more hunger spikes.



### HE You're a Hearty Eater

Food is incredibly important to you and you plan meals in advance. In fact, you feel panicky if there isn't enough food in the house. You make tasty, substantial meals and never leave a scrap on your plate, even if you're past the point of feeling full. This can lead to feelings of self-loathing, and indigestion. 'You often don't realise you've eaten too much because you're eating too quickly,' says Jo. 'It takes 15 to 20 minutes for your stomach to send a message to your brain saying it's full.'

#### YOUR NEXT STEP

Learn to adjust portions and eat more slowly. Also, try the 5:2 diet. 'For five days of the week you eat your usual meals, then cut calorie intake for just two days,' says Jo.



### CC You're a Constant Craver

For you, eating tends to happen any time, anywhere. You often eat when doing another activity - watching TV, driving, working - so you don't notice how much you've eaten. Nibbling a bit here, a bit there, keeps you from feeling hungry, but you never feel full. You often grab food from wherever is closest and your diet varies from one day to the next. You're consuming way more calories than you realise.

#### YOUR NEXT STEP

The Low-GI diet will keep you feeling fuller for longer, so you stop picking. 'The slow release of sugar into the bloodstream means you never get that sugar spike followed by a crash, so you don't feel tired or a need to snack throughout the day,' explains Jo.



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# 'Can I quit booze for a month?'

After hitting a milestone birthday, party-loving Kate Pursey started a no-booze detox. Could she do it? Here's how she got on...

**A**t the end of last year I turned 40, but when I looked in the mirror I felt 10 years older. I drink about two to three glasses of wine on most nights, but my alcohol intake had shot up celebrating Christmas and my birthday.

I wasn't feeling or looking great, from my skin to my weight - something had to change. So channelling my inner Gwyneth, queen of the detox, I decided to quit the drink for a month. Unwilling to join the 'Dry January' brigade, I plumped for 'Feelgood February' instead (it's a shorter month, too).

## The benefits

More people than ever took part in Alcohol Concern's Dry January campaign (40,000), and another 50,000 signed up to Cancer Research UK's Dryathlon - and they're reaping the benefits.

Research from *New Scientist* showed that those who had abstained from alcohol for five weeks had lower blood cholesterol levels (a risk factor for heart disease), better sleep quality and an improved concentration span. Sounded good to me.

The only negative was that people reported less social contact - not so great as I'm a single parent to Jake, 12, and that's very important.

## Ditching habits

I made the most of the last day of January by having drinks with friends. Feeling jaded the following day, alcohol was the last thing on my mind and I'd removed temptation by making sure there were no bottles of wine lurking around. On Monday evening, I struggled. I work in a pub as an account manager and I'm used to having a glass of wine to unwind after work, but today I went straight home, making me feel anti-social.

Later, I cooked dinner but abstained from my usual glass of wine while I was preparing the food. After dinner, rather than relaxing on the sofa with more wine, I cleared out some cupboards. I felt productive and virtuous, too - result!

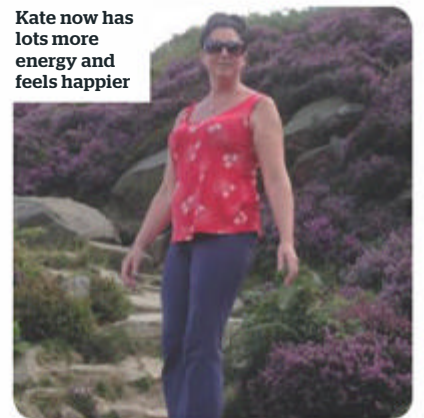
## Feeling great

The following night, I watched my son play football and then went to the club bar with a few of the football dads. I got ribbed as I nursed

Weekends were an excuse for Kate to party with friends



Kate now has lots more energy and feels happier



my orange juice, but I didn't miss alcohol. By the fourth day, I woke up refreshed having had unbroken sleep, whereas I usually wake in the night and feel groggy the next day. I was starting to feel smug! That weekend, Jake was staying with his dad and usually I'd party with friends. But I turned all invites down and hit the gym.

Rather than shying away at the back of the class, I had tons of energy and felt the difference afterwards. I didn't slope off home for a bacon sandwich, but had a fruit salad. That evening, I cleaned the fridge and cooked a chicken stew rather than eating a takeaway pizza. The next day, I rode my bike.

## It was all going so well...

After two weeks, I'd never felt more energised and happy, and a friend of mine even

commented that my skin looked glowing. Best of all, the waistband on my jeans felt looser. Unfortunately, I did fall off the wagon when an old friend came to stay - I felt it was only right to accompany her in a glass of wine!

## The verdict

I don't feel too guilty about having a glass or two, as my dry spell has led to healthier habits. I no longer open a bottle every night, but restrict myself to a glass three days a week. I still love to go out at weekends, but I don't drink so much because it feels so good to wake up with a clear head. And I feel 10 years younger to boot. I may even embark on another alcohol detox soon.



A close-up photograph of a young woman with long, wavy blonde hair and freckles, smiling warmly at the camera. She is lying in bed, with her head resting on a white pillow and her arms crossed in front of her. The background is a soft, out-of-focus white.

# 5 STEPS TO wide awake EYES

Laugh in the face of a sleepless night with our tips to leave you looking bright-eyed - even when you don't feel it!



# 1 Start afresh

Woken up with yesterday's mascara under your eyes?

Ahem, we know the feeling! So be prepared and keep **Simple Kind To Eyes Eye Make-Up Remover Pads, £2.66**, to hand. Sweep them over and around your eyes, going up and over the brows to clean, revitalise and soothe. Need an extra-cool boost after too many late nights? Pop them in the fridge first.



# 3 Prime time

Primers may seem like an unnecessary product, but we think they're a great investment. They prep the skin, leaving it smooth, even and ready for make-up. For staying power, we like **Benefit Stay Don't Stray Eye Primer, £20.50**. Dot it gently over lids and around the eye, blending in as you go, to make your eyeshadow and concealer last all day long.

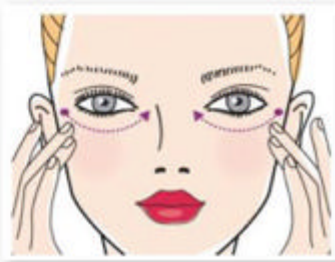


# 2 Do the daily de-puffer!

Fine lines around eyes can be caused as much by dehydration as ageing, so use a good eye cream. 'Massage the eye area daily to stimulate the lymph glands and keep eyes bright,' says Nichola Joss, Sanctuary Spa Skincare Expert. Here's what to do:



**STEP ONE** Put a pea-size amount of your favourite moisturising eye cream on your index finger. Then place your index and middle finger on your temples.



**STEP TWO** Gently tap your fingers along the top of your cheekbone, moving inwards and upwards to the eye area and the bridge of the nose, massaging the cream in.



**STEP THREE** Moving upwards, apply more pressure. Sweep along your eyebrow and brow bone to the outer corners of the eye, to gently lift the brows and destress the muscles.



**STEP FOUR** Repeat step three and circle eyes six times. Finish by massaging any remaining eye cream into the temples to release tension.

**Result?**  
**A fresher face**

For fab brightening and firming results, Nichola uses **Sanctuary Peptide Repair Eye Cream, £18**, [sanctuary.com](http://sanctuary.com), on her celeb clients, who include Kelly Brook.

# 4

## Conceal the evidence!

**Origins Plantscripton Anti-Ageing Concealer, £17**, is one of our favourites. Containing African plant extract Anogeissus, it works to smooth fine lines and cover dark circles in one hit. To apply, dot along cheekbones and under eyes using your ring finger, so you don't drag the delicate skin.



# 5 Lash it up!

Applying mascara to open up tired eyes may be an old trick but, boy, does it work! **MAC In Extreme Dimension Lash Mascara, £19**, is a backstage favourite at fashion shows. It has short, fine bristles to give maximum coverage and create longer lashes. It's a life saver!





# Do you **NEED GPS?**

It's a vital part of most fitness apps and gadgets, but how do you harness GPS technology to improve your training? The Fit & Well team explore the options...

**M**ost of us couldn't live without our trusty sat nav, giving us directions when we haven't got a clue where we're driving to. But Global Positioning System (GPS) technology is fast becoming a staple in our fitness lives, too. Whether you're a regular cyclist, runner or swimmer and stuck in a rut, or a fitness newbie, GPS apps on your mobile or wearable gadgets can help with motivation and progression.

As well as monitoring your speed and distance, you can map your route or course, which helps with pinpointing challenges, such as steep inclines, beforehand. The apps and gadgets also keep a record of how far and difficult your run/walk/cycle was for future use. We put a mix of five apps and gadgets to the test to find out if they met our fitness needs.

## **BEST FOR** Training for an event



**TESTER**  
**Emma Robertson,**  
Marathon Blogger

### **WHY I NEED IT**

I'm taking part in the London Marathon this year, so tracking my distance and time is important for my training.

### **BEST BITS**

The Polar M400 was easy to use and I loved the detailed information in the activity recorded - tracking my pace per mile and comparing it on each run is really useful. It's also satisfying knowing how many calories I've burned and I particularly liked the 'Back to Start' feature, which guides you back to your starting point on a new

running route so you don't get lost!

### **DOWNSIDE**

Like with all GPS signals, if you're in a built-up area it can take up valuable time trying to find a signal, which is frustrating when you're raring to start your run.

### **GET THE MOST FROM IT**

Download the Polar Flow app to sync all running information and see how you're progressing more clearly. If you're doing training based on your heart rate, you can add a monitor sensor.



**Polar  
M400**  
£134.50



## BEST FOR

### Runners just getting started



#### TESTER

Charlotte Richards, Editor

#### WHY I NEED IT

I've never been into running, but I've set myself the target of being able to run 5k in 30 minutes, so I was keen to try Runkeeper, an app that times and maps your exercise. Whenever I go for a run, or a walk, I tell the app which activity I'm doing, press start and set off. If I'm wearing headphones, it gives me an update every 10 minutes on how far I've travelled.



**Runkeeper**  
Android & iOS, Free

#### BEST BITS

It's fascinating! I've found a circular route near my house which, thanks to the app, I now know is almost exactly 5k. At the end of every run I can see how long each individual kilometre took and how long the whole run took. I can also share my results on social media (not quite at that point yet!). There are also a few free training plans with the app, such as Couch to 5k, where you're told how fast to run and walk at different points to build up speed and distance.

#### DOWNSIDE

I've had to find a comfortable way to carry my phone with me when I run. Also, it's not easy to follow the plans when I'm running with a friend as I can't hear the prompts.

#### GET THE MOST FROM IT

Runkeeper can be connected up to loads of other apps, including My Fitness Pal, so it can take account of calories burned, and activity trackers like Fitbit, but make sure you're not trying to connect too many things as you can end up tracking twice. You can also log other non-running workouts, if you'd rather just use Runkeeper to track all of your exercise. There's also a paid version, Runkeeper Elite, which allows you to compare results with friends and gives you more complex training plans - ideal for the more experienced runner.

## BEST FOR

### Regular runners



#### TESTER

Deborah Hughes,  
Art Director

#### WHY I NEED IT

I want to improve my run by upping my pace. The Garmin Forerunner 220 allows you to check your pace, distance and time, making you train harder.

#### BEST BITS

A vibration feature to tell you when you've run a mile (or whatever split you want - that's dividing your run into segments so you can monitor pace). It automatically uploads to the Garmin Connect app, showing your calories,

maps and split time for each mile. Plus, it keeps a history of recent runs.

#### DOWNSIDE

Sometimes it took a while for the GPS to be found.

#### GET THE MOST FROM IT

Download the free training plans from Garmin Connect.



**Garmin Forerunner 220**  
£239.99

## BEST FOR

### Cycling and running



#### TESTER

Natalia Lubomirski, Writer

#### WHY I NEED IT

I want to track my cycle and run sessions to see how hard I'm working. The Strava app logs your speed and time for different segments in your route and allows you to measure your efforts against other users.



**Strava**  
Android & iOS, Free

#### BEST BITS

Being able to compete with

other athletes, including professionals (yes, the Tour de France boys use this during the race), is a great motivator.

#### DOWNSIDE

You have to take your phone with you.

#### GET THE MOST FROM IT

Buy yourself a heart rate monitor - the app can record your heart rate and calories burned via Bluetooth. You can then see how hard you're working and how long you're spending in each heart rate zone. Plus, upgrade to the premium version to set yourself goals and Strava will compile a personalised weekly training plan to help you achieve it.

## BEST FOR

### Those short on time



#### TESTER

Jo Wheatley,  
Features Editor

#### WHY I NEED IT

With two kids and a busy job, I don't get to the gym as often as I'd like. But I do a lot of walking, so I wanted to try out the Map My Walk app, which calculates walking pace and calories burned.

#### BEST BITS

It's very easy to use and you can choose voice feedback, so you don't have to keep looking at your phone to see how you're doing. When you've finished, you can save the stats and

route map, so you can compare it to future ones and check your progress.

#### DOWNSIDE

No good for country walks if there's no phone signal.

#### GET THE MOST FROM IT

Use the auto-pause function so the tracking stops automatically every time you come to a halt, such as at traffic lights.



**Map My Walk**  
iOS, Android & Blackberry,  
Free



# THE ONE THING...

Radio and TV presenter Jenni Falconer, 39, on the little things that make a big difference



## ...that keeps me motivated to exercise

I try on my bikini regularly throughout the year. It reminds me that I'm going to be on the beach at some point, so I should make the effort now. I also run, as I'm taking part in this year's London Marathon, and do strength training at Barry's Bootcamp.



## ...I love as a mum

Hearing my three-year-old, Ella Rose, say, 'I love you to the moon and back.' Everything has changed since having her, but I couldn't imagine life without her.

## ...that makes me feel happy and confident

Running outdoors. If I'm feeling down, stressed or tired, it clears my head.



## ...I always have in my gym bag

Nelsons Arnicare Arnica Cooling Gel (£5.49). It's great for relieving stiff and sore muscles after a hard workout or one of my long training runs.



## ...that makes me look good

Bobbi Brown BB cream (£29) turns my skin from grey to radiant. I use it with Bourjois CC Cream (£9.99) for a natural-looking cover-up.



## ...that kick-starts my day

Bananas. When I get up at 2.30am every morning (Jenni presents on Heart Radio from 4-6am) I don't want a full breakfast, so they're ideal for a quick snack. And they're a brilliant energy booster.

## ...I'd like to achieve this year

Spend more time with my family. At the start of 2015 I made a resolution that weekends would be family time only, so no more marathon training on a Sunday. My parents are in Glasgow and my brother is in South Africa, so we don't get together that often. But this year I'm going to set aside time for more regular meet ups.



Jenni with her husband, actor James Midgley

## Tweet your tip!



Jenni would like to know your best tips for relaxing and avoiding stress. Tell us @fitandwellmag



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